

Carolina Country



Rising Above

INSIDE:

Guarding the grid

Aspire to college

The Freedom Balloon Fest



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Your Touchstone Energy Cooperative

PERIODICAL

Help for home improvement projects—pages 16–21

We are the neighborhood standard.

We are moved by perfection and equipped to achieve it.

Our inspiration knows no bounds.

We are set on creating the most beautiful space of all –
one we call our very own.



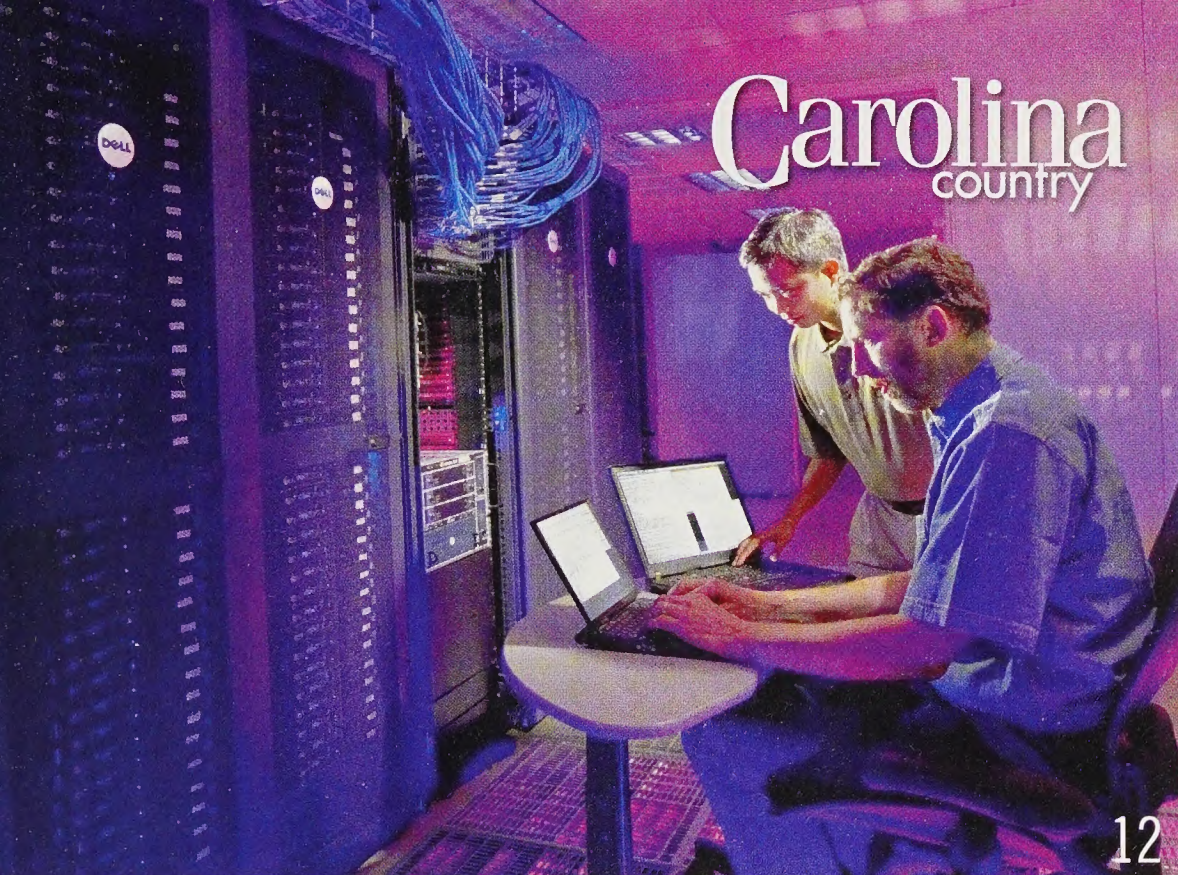
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For Earth, For Life
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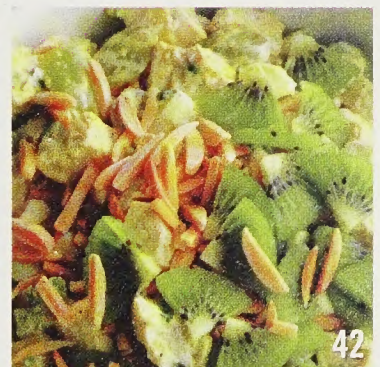
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The Touchstone Energy Hot Air Balloon, piloted by two-time world champion John Petrehn, will be among more than 30 big ones at the WRAL Freedom Balloon Fest in Zebulon and Raleigh on May 22-25. See page 34. (Vincent Winnies Photography)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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SOY INK
Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

How your cooperative compares to other utilities

By Adam Schwartz



In the U.S., there are three main types of electricity providers:

1. Investor-owned utilities (IOUs) like Duke Energy serve primarily densely populated areas.

2. Municipal-owned utilities also serve densely populated cities, ranging from large cities like High Point to the small ones like Robersonville.

3. And there are more than 900 electric cooperatives like yours that serve less populated parts of the country, including 26 co-ops in North Carolina.

In the utility business, population matters a lot. Using a similar cost structure for purposes of this example, the more customers that you have allows you to spread the costs among more people to keep rates lower. At least that is the theory.

The graphic below shows the national averages of density and revenue per mile of electrical line for IOUs, municipal-owned utilities and electric co-ops.

Municipal-owned utilities, which operate in cities and towns, have the greatest density—48.3 customers per mile of line, generating an average of \$113,301 of revenue.

IOUs follow with 34 customers per mile of line, while generating average revenues of \$75,498.

Electric co-ops average 7.4 members (not customers, but members) per mile of line, bringing in an average of \$14,938 of revenue per mile.


If I were to give this data to any business school in the country and ask (based on this information) what the rates should be for each of the utilities,

the answer would likely be that electric co-ops would have a rate 7.5 times greater than municipal-owned utilities and 5 times higher than IOUs—but that is not the case. Why not?

It has to do with the business model. An IOU is owned by investors that may or may not be users of the electric utility they own. The IOU utility's stock is traded on Wall Street, and its investors want a return on their investment. Additionally, the IOU is guaranteed a "rate of return" by their regulator. The guarantee plus a margin for the stockholder drives up the price that their customers pay for electricity. Many municipal systems charge rates that generate a "profit" for their cities to help pay for other services. But a co-op's board of directors doesn't have to set rates that will pay outside

stockholders. Cooperatives are businesses that generate enough revenue to cover costs (the largest being the purchase of wholesale power) and return any excess margin back to you, their members.

Your electric cooperative is locally owned and locally focused. Its mission is to provide its mem-

ber-owners safe, reliable and affordable power, not to make a profit. That is just another way your co-op brings you value. 

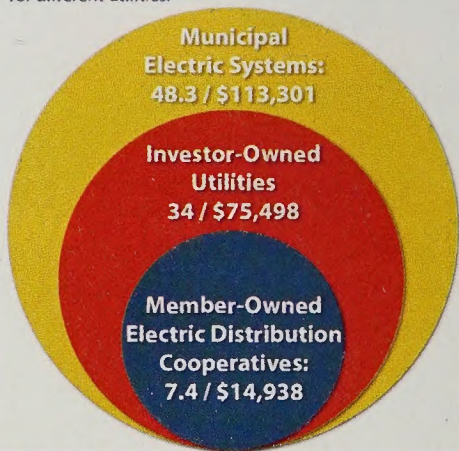
Adam Schwartz is the founder of The Cooperative Way. He is an author, speaker and a member-owner of the CDS Consulting Co-op. You can follow him on Twitter @adamcooperative or email him at aschwartz@thecooperativeway.coop

Source: National Rural Electric Cooperative Association

Revenue in Review

Because of higher population densities (more consumers served per mile of line), municipal electric systems and investor-owned utilities receive more revenue per mile of line than electric cooperatives.

Consumers served/revenue per mile of line for different utilities:



Source: National Rural Electric Cooperative Association, September 2013

Corrections

We regret our error in the April magazine that set the Liberty Antiques Festival, Randolph County, on a Saturday and Sunday. It takes place the last weekend in April on Friday and Saturday. The fall version is set for Sept. 25–26, the last Friday and Saturday of the month.

In our “Where the Butterflies Are” story in April’s issue, we stated that “Some butterflies are lepidopterans (insects).” We know better. We meant to say “Butterflies are lepidopterans (insects).”

Why is it called Greasy Corner?

From Brenda S. Hartley, Blue Ridge EMC: “Joyner’s Corner in the April issue wants more info about Greasy Corner. I grew up in Davie. Years ago four service stations sat on the corners of the intersection of two roads, between Mocksville and Cooleemee. Therefore the intersection was referred to as Greasy Corner by the local folks.” Sherri Russell, Harry Wallace, Debby Harris and Greg Bowers also knew this.

From David R. Keck Sr., Boone, Blue Ridge EMC: “In 1967, when I first moved to Boone as pastor of Grace Lutheran Church, I found out that our corner was called Greasy Corner. It’s where Hwy. 421 (King Street) intersects with Hwy. 321 (Blowing Rock Road). The church occupies one corner, and the other three corners had gas stations on each, one beside the Daniel Boone Inn. All three are now gone, but Grace Lutheran Church still holds down its corner. Just sayin’” Doyle Pace knew this, too.

From Bill Post, Vilas, Blue Ridge EMC: “I lived in Hickory for years and now outside of Boone. Both places had an intersection called Greasy Corner. In each town, they were intersections with several gas stations on the corners in the 1940s and 1950s.”

Kimberly Surratt and her mother said the Greasy Corner in Marion was named for “greasers,” like “the ones who would hang out at popular places to get seen and see other people.”

Kevin Ellis of The Gaston Gazette last fall looked into Greasy Corner at the intersection of West Franklin Avenue and Vance Street in Gastonia, near the old Loray Mill. He found no reference to gas stations. Instead, people said the name came from when a truck overturned sending 500 pounds of lard onto the street, or for the “greasy spoon” restaurants in that area, or the nearby slaughterhouse, or a beauty salon.

“One of the dumbest laws”

In the March issue, a guy wrote in about the North Carolina law that requires drivers to turn on their headlights when it’s raining. Personally, I think this is one of the dumbest laws that North Carolina has. We drove without this law for years and got along just fine. If you forget to turn your lights off when you get to where you are going, it could run your battery down. Nobody wants to be left stranded with a dead battery.

Jimmy Roddy, Asheboro, Randolph EMC

Thank goodness

Thank goodness for Tar Heel Electric Membership Association (TEMA), a glowing star in North Carolina’s attitude toward being a good neighbor for anyone in need. [“Help Is on the Way,” March 2015] During February’s catastrophic weather, we did not lose power, but I know there was overpowering joy for thousands as electric co-op repair crews came rumbling down roads. And they multiplied tenfold at night as truck lights slowly moved past homes to spot downed wires, remove and restore power. Thanks to TEMA and the co-ops for a job well done.

James Jordan Jr., Macon, Halifax EMC

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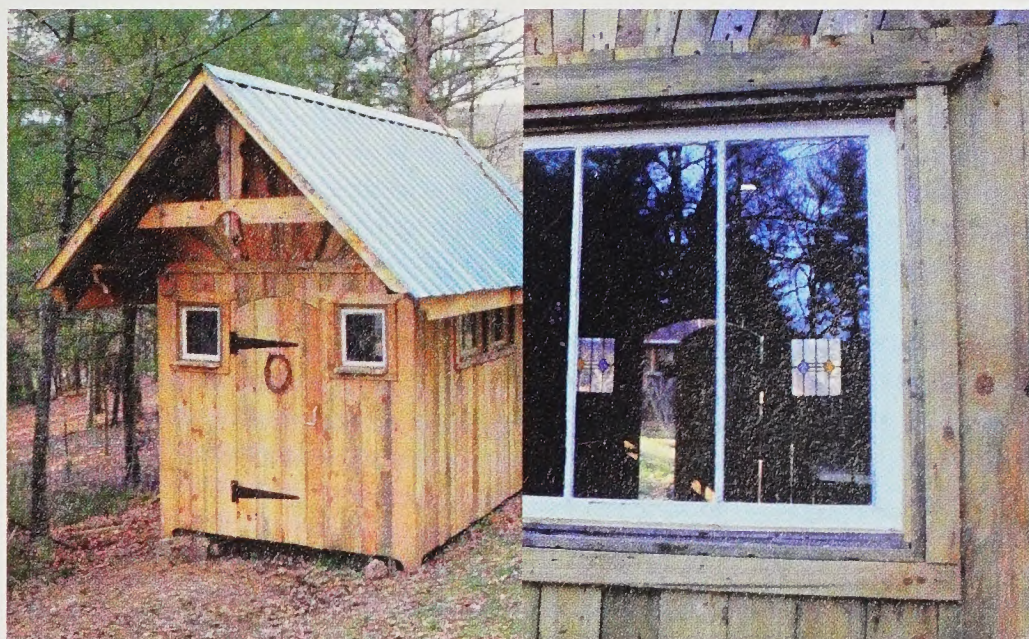
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Work of art

My wife, Kathleen, and I are dog and horse lovers and gardeners. We recently retired from teaching art, and the transition made it evident that we both needed a shed. I built this shed for my wife’s Christmas present. The wood was harvested on our property from diseased, damaged, dead or cull trees and sawn at a neighbor’s sawmill. The hinges and stained glass windows are flea market finds. The clear glass windows were salvaged from the landfill. The project was more like creating a sculpture than a building. I can hardly wait to see what my wife does with the landscaping.

Preston & Kathleen Roberts, Hays, Surry-Yadkin EMC

To make an impression

by Les Huber

While taking my two young children years ago to the annual spring concert at their grammar school, I recognized a familiar face at the entrance door. Standing there was a former upstairs neighbor whom I hadn't seen in 15 years. Much to my chagrin, she didn't recognize me as I approached to say hello. Maybe it was the beard and mustache that I had grown recently.

We chatted for a few minutes about the past and about our present situations. As we parted, I promised to give her a call sometime and maybe go out to dinner for old time's sake. She said that was a nice idea. The rest, as they say, is history.

Mary Ann was an elementary teacher in the school district where I lived with my two children. After our brief encounter, I began remembering some of the stories she told when we had visited each other as neighbors way back then.

She hadn't taught my children, but it was fascinating to hear her tell about some of the parents of former students. Mary Ann would receive Christmas gifts, cards for other occasions, home visits and even invitations to high school and college graduations. What a show of respect to have a former student knock on your door just to say hello and thank you.

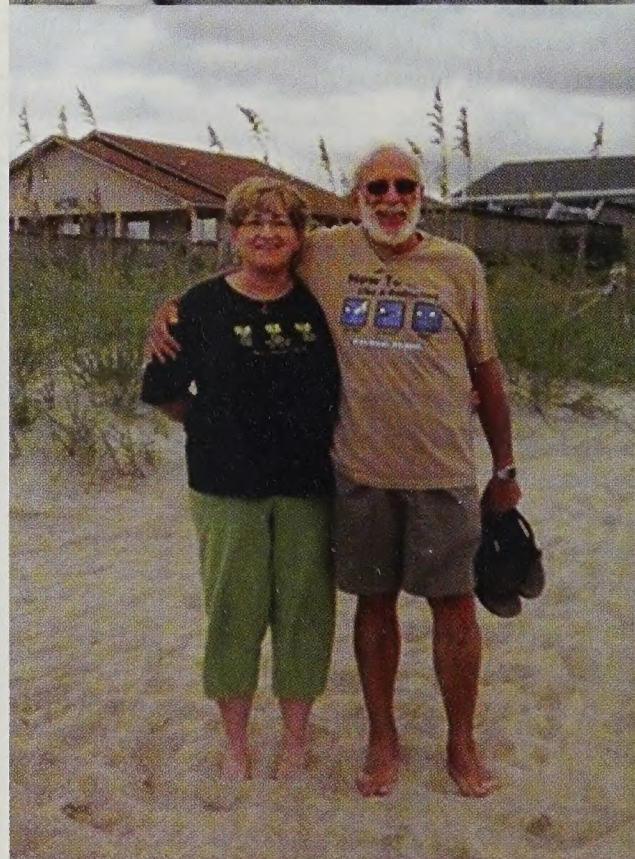
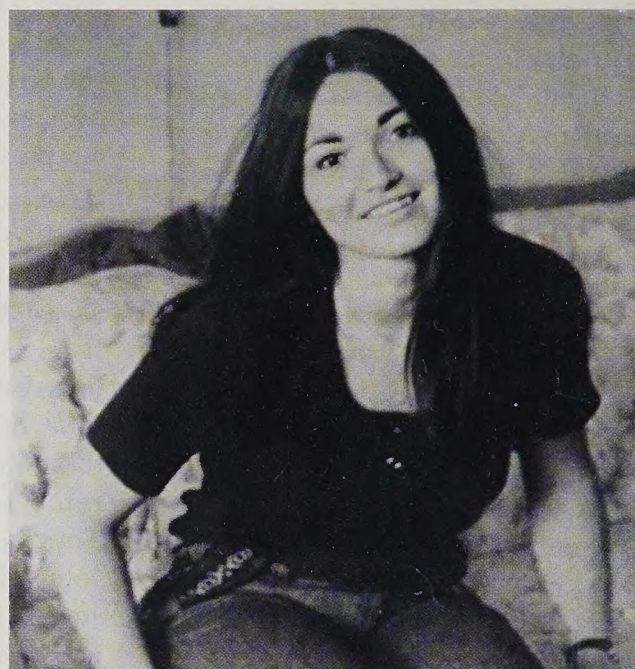
To this day, Mary Ann receives letters and Christmas cards from students whom she taught 25 years ago — and also from their parents. She even receives an occasional wedding invitation.

The opening of that spring concert occurred about 28 years ago. This April, Mary Ann and I celebrated 25 years of wonderful wedded bliss.

I want to leave you with one example of the respect and adulation a teacher can earn. We were invited to, and attended, the wedding reception of the *mother* of a student Mary Ann had taught the prior year. Approximately 300 guests attended the reception, and Mary Ann and I were a little concerned when we first arrived and didn't see any other Caucasian guests. Our apprehension was short-lived, however, when we found our assigned seats at the same table as the student's grandparents. Once the guests at our table learned that Mary Ann was the teacher that young Laura was always talking about, we were treated like royalty.

How fortunate I am to be married to someone who molded the lives of so many children. 🍌

Mary Ann and Les Huber live in Emerald Isle and are members of Carteret-Craven Electric Cooperative.

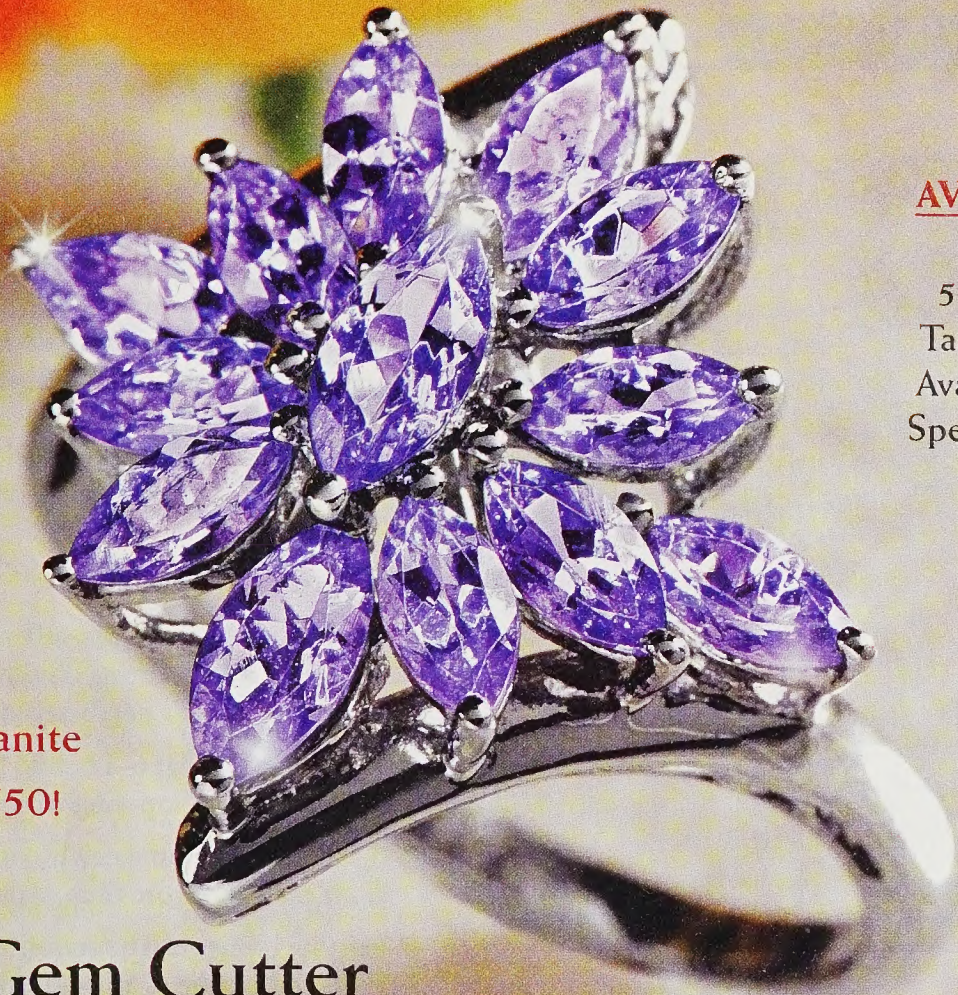


Pictures of Mary Ann at the start of her teaching career and with me today.

Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay \$100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- Include a stamped, self-addressed envelope if you want anything returned.
- We retain reprint rights.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit: email to editor@carolinacountry.com ("Inspiration" in the subject line) or online at carolinacountry.com/contact



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Less Than
500 Sunburst
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Available in This
Special Purchase.

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Genuine Tanzanite
Save nearly \$550!

African Gem Cutter Makes \$2,689,000 Mistake... Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones. Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a few years of supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth Avenue are more than happy to charge you outrageous prices for

this rarity. Not Stauer. Staying true to our contrarian nature, we've decided to **lower the price of one of the world's rarest and most popular gemstones.** Our 2-total carat Sunburst Tanzanite Ring features marquis-cut gemstones set dramatically in gorgeous sterling silver. Each facet sparkles with the distinct violet-blue hue of the precious stones.

Your satisfaction is completely guaranteed. For our client-friendly approach, Stauer has earned a rare A+ rating from the Better Business Bureau, a rating we wish to keep. So, of course, your satisfaction is 100% guaranteed. If you are not completely aglow with the Sunburst Tanzanite Ring, send it back within 30 days for a refund of the purchase price. But, please don't wait, our supply is dropping rapidly.

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- .925 sterling silver setting
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What are tamper-resistant receptacles?

Electrical Safety Foundation International



The National Electrical Code now requires safe, tamper-resistant receptacles (inset) in all new home construction. You can retrofit existing receptacles for about \$2 each.

They may look like standard outlets, but tamper-resistant receptacles, or TRRs, are different. A built-in shutter system that prevents foreign objects from being inserted sets them apart. Only a plug that applies simultaneous, equal pressure to both slots will disengage the cover plates, allowing access to the contact points. Without this synchronized pressure, the cover plates remain closed.

In recent years, says Electrical Safety Foundation International, more homes have been equipping their electrical outlets with TRRs, but in many public facilities,

like hospital pediatric wards, these safeguards have been required for more than 20 years. Their efficiency also prompted the National Electrical Code to make TRRs standard in all new home construction. Existing homes can be easily retrofitted with TRRs using the same installation guidelines that apply to standard receptacles. TRRs should only be installed by a licensed electrician and should carry a label from a nationally recognized, independent testing lab such as UL, ETL, or CSA.

TRRs by the numbers

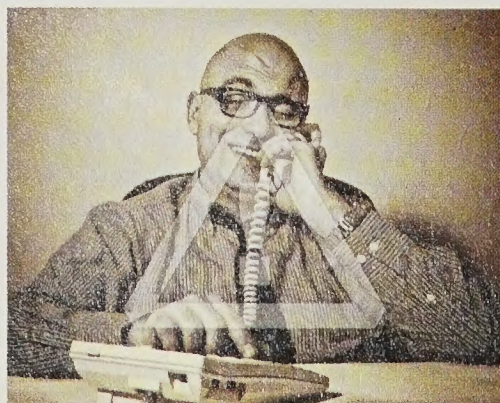
- Each year 2,400 children suffer severe shock and burns resulting from inserting objects into the slots of electrical receptacles. That's nearly seven children a day.
- It is estimated that 6–12 child fatalities annually result from children tampering with electrical receptacles.
- Installing a TRR in a newly constructed home is only about 50 cents more than a traditional receptacle.
- Existing homes can be retrofitted with TRRs for as little as \$2 per outlet.



Board members and employees of South River EMC and Four County EMC discussed energy issues with state Sen. Brent Jackson (R-Sampson) during the Rally in Raleigh last March. Sen. Jackson is a longtime cooperative friend and a former South River EMC board member. The cooperatives meet regularly with elected officials to ensure cooperative members are heard when energy issues are discussed at the General Assembly. (See more pictures at carolinacountry.com)



Speaker of the North Carolina House Tim Moore of Kings Mountain met with Randy Ward and Dirk Burleson of Rutherford EMC at the Rally in Raleigh. Electric cooperatives are advocates for their members at the state General Assembly. Legislation and regulation play a big part in cooperatives' ability to deliver affordable, reliable, environmentally responsible energy.



This is a scam

Carolina Country learned recently that some electric co-op members have received telephone calls telling them to pay for their Carolina Country subscription before it expires. This is a scam. The state's electric cooperatives provide members with the monthly magazine as a means of conveying information about their cooperatives and communities, as well as state and national issues. Individual paid subscriptions are not required. The magazine costs cooperatives less than 42 cents per month per member.

Solar electricity for schools

Following a two-year planning process, NC GreenPower has launched a pilot program to provide matching grants for installing solar electric systems at schools in North Carolina. Applications are due June 1.

Any school representative wishing to apply for the NC GreenPower Solar School grant should visit ncgreenpower.org/solar-schools-pilot for more information and to download an application.

The NC GreenPower Solar Schools pilot will provide matching funds to K-12 schools who cannot afford solar technology, giving teachers tools to educate students about renewable energy. NC GreenPower will fund small (2- to 3-kilovolt) solar electric installations. In its first year, the pilot program expects to be able to supply at least three and as many as five schools with solar photovoltaic systems.

Schools will be eligible for a 50 percent matching grant, up to \$10,000, and NC GreenPower will assist the school with raising the balance of funds required.

Headquartered in Raleigh, NC GreenPower is a nonprofit supported by voluntary donations from individuals, businesses, utility customers and electric co-op members. It helps to fund green energy projects and carbon offset providers.

Power peak demand this winter set a new record

PJM Interconnection, the grid operator in 13 Mid-Atlantic States, set a new winter peak demand of 143,826 megawatts on Feb. 20, according to the National Electric Reliability Corporation (NERC). That was nearly 1,000 mw more than the previous peak reached Jan. 7, 2014, during a polar vortex that plunged the nation into a deep freeze.

NERC said at least four large electric utilities in the Mid-Atlantic and Southeast also set peak load records on Feb. 20.

"Throughout these record cold temperatures and peak loads, operators ensured the bulk power system remained reliable through advanced planning and preparation," NERC said.

CO-OPS AND COMMUNITY JOBS



Four County EMC helps Pender EMS & Fire expand its regional services

Over the last two years, Four County EMC based in Burgaw has helped Pender EMS and Fire Inc. acquire ambulances, first responder 911 vehicles and the associated equipment to enhance vehicles used to provide emergency medical services. Pender EMS and Fire serves the citizens of Pender County, including the municipalities of Surf City, Hampstead and Burgaw, as well as more than 30,000 tourists who visit the area each year.

The electric co-op procured a combined \$600,000 in two USDA Rural Economic Development loan and grants (REDLG) and issued interest-free loans to Pender EMS and Fire.

Pender EMS and Fire covers 900 square miles and 20 miles of coastal barrier islands. As a N.C. Teaching Institution, it offers a variety of services to the county, such as non-emergency transport services, ocean rescue, wilderness search and rescue, state medical assistance teams, high-level rescue, industrial rescue and swift water rescue. The service also offers the county's AED program along with CPR classes for local health providers, child providers and

the public. The loans will help Pender EMS expand and enhance its services in this underserved county.

Four County EMC provided a \$300,000 zero-interest loan with its first USDA award in 2013. Pender EMS and Fire also provided \$70,000 to supplement the co-op funding. The \$370,000 purchased an ambulance and three emergency response vehicles, along with associated equipment needed to outfit the vehicles, such as AEDs, MobiData computer systems and other life-saving equipment. With the funding, four full-time positions will eventually be created.

In 2014, Four County EMC procured another \$300,000 zero-interest REDLG loan, and Pender EMS provided an additional \$60,000. The \$360,000 purchased three remounted ambulances, plus the associated equipment to outfit the vehicles.

Four County EMC board secretary-treasurer Gene Jordan said, "Four County EMC is proud to partner with Pender EMS & Fire, Inc. to bring state-of-the-art emergency medical equipment to the citizens of Pender County."



For Lumbee River EMC's Derek Owens (left) and George Huggins, rescuing two paratroopers stuck in pine trees is just another day on the job.

Parachute into a tree? Lumbee River EMC can help

You might be surprised if headquarters said to drive your bucket truck to the woods to help rescue a pair of paratroopers. But to Lumbee River EMC veterans Derek Owens and George Huggins, it's old hat.

"Normally, when I get that call, it's 'here we go again,'" said Owens, coordinator of contract services at the Robeson County electric co-op where he's a 14-year veteran. "I would say 90 percent of our linemen have done it at least one time," he added, estimating that Lumbee River gets about one call like this a year.

"We have a small airport in Raeford where the military does practice jumps," said Owens. Sure enough, this call was about a mile from there.

Sometimes the paratroopers land on a power line; sometimes it's in a tree. "Thankfully, this time they were just in a tree," said Owens. So he and Huggins were ready when they got the call March 10.

A 16-year Lumbee River veteran who is supervisor of maintenance services, George Huggins arrived first and began scoping out a path. "I went down this long, hilly, dusty old dirt road, and you start seeing rescue units in the distance," he recalled. As he got closer, he saw

rescue workers standing by the first paratrooper, who was sitting on a limb. "He was actually in a better position than the one farthest away."

Farther away, Huggins could see a fire truck's lights flashing. He finally made it another 200 yards where he found the second paratrooper "about as far back in the middle of the woods as you can get, hung up in a pine tree."

Huggins described that man as having "gotten suspended in such a way that he had free hung for about two hours" until he was able to "wiggle himself over to a limb and shimmy down maybe 10 or 15 feet from the top of the pine before we got there."

When Owens arrived, he, too, proceeded to the second paratrooper. "We set the truck up, boomed up and got him down," he said. Then they went back to retrieve the first man.

Neither paratrooper was hurt, except perhaps for pride. "They were thankful," Owens said. "I'm sure they were embarrassed—they didn't want to talk a whole lot."

As Huggins laughed, "I think their buddies had given them enough."

—Michael Kahn, ECT.coop

BRIGHT IDEAS



Got a bright idea for your classroom?

North Carolina K–12 educators are invited to apply for a Bright Ideas Education Grant to help pay for creative classroom projects.

Since 1994, North Carolina's electric cooperatives have contributed more than \$9.6 million to Tar Heel teachers, funding over 9,200 projects and impacting more than 1.8 million students in the state.

This year, the cooperatives expect to award approximately 600 grants worth a total of \$600,000 to educators statewide. Grants are available to K–12 teachers for innovative projects in any subject, and educators can apply individually or as a team. All that's needed is a creative idea, a budget, and a plan for implementation, goals and evaluation.

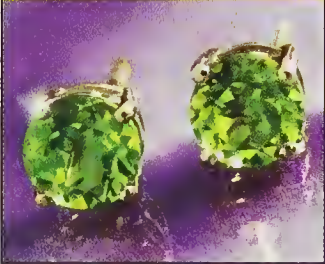
The application period for teachers to apply for a grant for the 2015–16 school year runs from April through September, with the exact final application deadline date varying regionally. Teachers can learn more and apply online at NCBrightIdeas.com.

Meet the Beauty in the Beast

Discover this spectacular 6½-carat green treasure from Mount St. Helens!

For almost a hundred years it lay dormant. Silently building strength. At 10,000 feet high, it was truly a sleeping giant. Until May 18, 1980, when the beast awoke with violent force and revealed its greatest secret. Mount St. Helens erupted, sending up a 80,000-foot column of ash and smoke. From that chaos, something beautiful emerged... our spectacular *Helenite Necklace*.

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with purchase of
Helenite Necklace



Helenite is produced from the heated volcanic rock of Mount St. Helens and the brilliant green creation has captured the eye of jewelry designers worldwide. Today you can wear this massive 6½-carat stunner for *only \$149!*

Make your emeralds jealous. Our *Helenite Necklace* puts the green stone center stage, with a faceted pear-cut set in .925 sterling silver finished in luxurious gold. The explosive origins of the stone are echoed in the flashes of light that radiate as the piece swings gracefully from its 18" luxurious gold-finished sterling silver chain. Today the volcano sits quiet, but this



Necklace enlarged to show luxurious color.

unique piece of American natural history continues to erupt with gorgeous green fire.

Your satisfaction is guaranteed. Bring home the *Helenite Necklace* and see for yourself. If you are not completely blown away by the rare beauty of this exceptional stone, simply return the necklace within 30 days for a full refund of your purchase price.

JEWELRY SPECS:

- 6 ½ ctw Helenite in gold-finished sterling silver setting
- 18" gold-finished sterling silver chain

Limited to the first 2200 orders from this ad only

- Helenite Necklace (6 ½ ctw).....Only **\$149** +S&P
- Helenite Stud Earrings (1 ctw)**\$129** +S&P
- Helenite Set \$278..Call-in price only \$149** +S&P
(Set includes necklace and earrings)

Call now to take advantage of this extremely limited offer.

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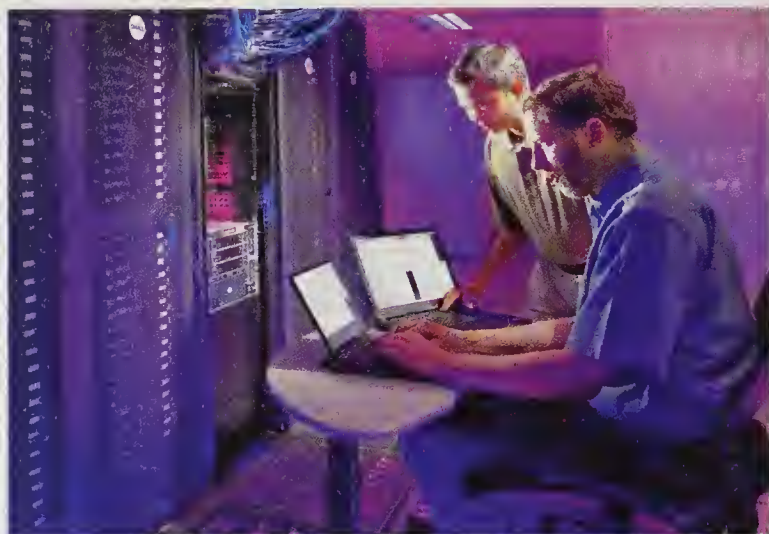
"My wife received more compliments on this stone on the first day she wore it than any other piece of jewelry I've ever given her."

- J. from Orlando, FL
Stauer Client

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Safeguard: protecting the electricity grid



Hollywood movies may envision an attack that shuts down the U.S. electricity grid for an extended period, but in real life the possibility of such a disaster is very slim.

For many years, the U.S. electric utility industry has collaborated with the federal government to build a system of high reliability and quick recovery. The industry since 2005 has operated within mandatory federal reliability standards. Electricity is the only “critical infrastructure” sector in America working within such mandatory standards—including the industries of water supply, transportation, telecommunications and financial and security services, among others.

The Politico journalism service last fall interviewed six security experts who agreed that “electrical grid hacking scenarios mostly overlook the engineering expertise necessary to intentionally cause harm to the grid.” While power suppliers take extremely seriously any conceivable threat and weakness, the system of generating and delivering bulk electricity is so complex, with many built-in security redundancies, that an attack which might affect a part of the system would not likely bring down the entire grid.

Protecting the grid involves coordination among a variety of federal agencies—including Homeland Security, Energy, and the Federal Energy Regulatory Commission (FERC)—as well as national laboratory and testing facilities, universities and, of course, the utilities involved in producing and delivering electricity. While private industry owns and operates nearly 90 percent of the nation’s “critical infrastructure,” the federal government is responsible for the rest and would consider an attack aimed at crippling any sector an act of war.

For the industry, grid security involves two main responsibilities: protecting the physical and operational integrity of the system and recovering from any form of assault, ranging from weather disasters and local vandalism to hacking into and disabling controls. In short, the first responsibility of electric utilities is to keep the lights on safely.


After a substation in California was damaged by gunfire in 2013, beefing up physical security standards kicked into high gear. Last November, FERC approved six requirements developed by the North American Electric Reliability Corporation (NERC), a non-profit organization certified by the federal government since 1968 for ensuring grid reliability. FERC then issued an order that requires utilities who own high-voltage power transmission systems to

- Conduct periodic assessments of aspects of the system that may be at risk
- Allow independent verification of those assessments
- Notify system operators of identified risks
- Evaluate possible threats and vulnerabilities
- Implement physical security plans for transmission stations and control centers
- Invite unaffiliated third-party review of the security plans and protect sensitive or confidential information from public disclosure

Meanwhile, electric utilities for years have strengthened and implemented best practices to prepare for and prevent attacks, as well as to respond and recover. They routinely work with law enforcement and security agencies to protect substations and other assets.

This spring, electric cooperatives supported federal legislation aimed at sharing information across government and business sectors as a means of remaining vigilant and responsive. North Carolina’s senior Sen. Richard Burr was among the leaders who championed the legislation. “Cooperatives take seriously the responsibility to protect the security of the bulk power system,” said Jo Ann Emerson, CEO of the National Rural Electric Cooperative Association. “Robust, voluntary information sharing between and among members of the electric sector and government agencies will be vital to electric utilities in the event of a cyber-attack. We are in full support of advancing the effort to enhance cyber security while protecting individual privacy.”

With funding from the U.S. Department of Energy, NRECA is producing a prototype security appliance and system designed to identify threats very rapidly and decrease the amount of work and expertise needed to keep networks safe. The research team includes Pacific Northwest National Lab, Honeywell, and Carnegie Mellon University.

No critical infrastructure—even one as highly protected and monitored as the electricity grid—can be 100 percent safe from physical and cyber attacks. But as awareness of vulnerability to terrorism and sabotage rises, the electric utility industry has sharpened its own tested defense and response systems. 

This is the 24th in a series produced by the North Carolina Association of Electric Cooperatives. See the entire series at carolinacountry.com.



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is 40.6 mm

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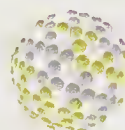
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SUPER COUPON

7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP
 LOT 69115/69137
 69249/69129/69121/877 shown

SAVE 66%

\$2.99

REG. PRICE \$8.99

17719580

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SUPER COUPON

HEAVY DUTY RETRACTABLE AIR HOSE REEL WITH 3/8" x 25 FT. HOSE
 LOT 69266/69234 shown

CENTRAL PNEUMATIC

SAVE \$50

\$49.99

REG. PRICE \$99.99

17693712

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SUPER COUPON

17 FT. TYPE 1A MULTI-TASK LADDER
 • 300 lb. Capacity
 • 23 Configurations

SAVE OVER \$81

\$118

\$139.99

REG. PRICE \$199.99

LOT 62514/62656
 67646 shown

17744128

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SUPER COUPON

80 PIECE ROTARY TOOL KIT
drillmaster
 LOT 68986/69451
 97626 shown

SAVE 68%

\$7.99

REG. PRICE \$24.99

17722620

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SUPER COUPON

2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL
 LOT 68146
 61297/61840
 61258 shown

NEW

SAVE \$100

\$49.99

REG. PRICE \$149.99

17665779

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SUPER COUPON

20% OFF

ANY SINGLE ITEM

17681901

WOW SUPER COUPON

900 PEAK/700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS RECREATIONAL GENERATOR
 LOT 69381 shown
 60338/62472
 66619

NEW

SAVE \$80

\$99.99

REG. PRICE \$179.99

17665705

SUPER COUPON

10 TON HYDRAULIC LOG SPLITTER
CENTRAL MACHINERY
 LOT 62291
 67090 shown

SAVE \$55

\$94.99

REG. PRICE \$149.99

17722306

SUPER COUPON

16" x 30" TWO SHELF STEEL SERVICE CART
US*GENERAL
 • 220 lb. Capacity

SAVE 57%

\$29.99

REG. PRICE \$69.99

LOT 60390/5107 shown

17703450

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WOW SUPER COUPON

US*GENERAL PRO 26", 16 DRAWER ROLLER CABINET
 • 1060 lb. Capacity
 • 14,600 cu. in. of storage

LOT 61609
 67831 shown

SAVE OVER \$332

\$317.83

\$369.99

REG. PRICE \$649.99

17686344

SUPER COUPON

2.5 HP, 21 GALLON 125 PSI VERTICAL AIR COMPRESSOR
CENTRAL PNEUMATIC

LOT 67847 shown
 61454/61693

SAVE \$70

\$149.99

REG. PRICE \$219.99

17700539

SUPER COUPON

1195 LB. CAPACITY 4 FT. x 8 FT. HEAVY DUTY FOLDABLE UTILITY TRAILER
HaulMaster

LOT 62170
 90154 shown • DOT certified

SAVE \$140

\$259.99

REG. PRICE \$399.99

17729493

SUPER COUPON

3 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL STEP DRILLS
WARRIOR

LOT 91616 shown
 69087/60379

SAVE 60%

\$7.99

REG. PRICE \$19.99

17742856

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WOW SUPER COUPON

"Impressive Accuracy, Amazing Value" - Car Craft Magazine

TORQUE WRENCHES
PITTSBURGH PRO
 1/4" DRIVE
 LOT 2696/61277
 3/8" DRIVE
 LOT 807/61276
 1/2" DRIVE
 LOT 62431
 239 shown

SAVE 66%

YOUR CHOICE!

\$9.99

\$21.99

REG. PRICE \$29.99

• Accuracy within ±4%

17673365

SUPER COUPON

3 PIECE DECORATIVE SOLAR LED LIGHTS
one stop gardens
 LOT 95588
 60561/69462 shown

SAVE 66%

\$9.99

REG. PRICE \$29.99

17675744

SUPER COUPON

ADJUSTABLE SHADE AUTO-DARKENING WELDING HELMET
CWIGARD ELECTRIC WELDING

LOT 61611
 46092 shown

SAVE 55%

\$35.99

REG. PRICE \$79.99

17684460

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WOW SUPER COUPON Customer Rating ★★★★★

NEW 12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE

SAVE \$165

CHICAGO ELECTRIC POWER TOOLS

LOT 69684 shown 61776/61969/61970

AWARD WINNING QUALITY

\$134.99 REG. PRICE \$299.99

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WOW SUPER COUPON

FREE WITH ANY PURCHASE

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

LOT 69052 shown 69111/62522/62573

\$6.99 VALUE

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WOW SUPER COUPON

PACIFIC HYDROSTAR 1650 PSI PRESSURE WASHER

SAVE \$50

LOT 69488 • 1.3 GPM

\$79.99 REG. PRICE \$129.99

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WOW SUPER COUPON

POWDER-FREE NITRILE GLOVES PACK OF 100

HARDY MEDIUM LOT 68496 61363

LARGE LOT 68497 61360

• 5 mil. thickness X-LARGE LOT 61359 68498 shown

SAVE 45%

\$6.49 YOUR CHOICE! REG. PRICE \$11.99

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WOW SUPER COUPON

PITTSBURGH AUTOMOTIVE RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

• 3-1/2 Pumps Lifts Most Vehicles • Weighs 27 lbs.

SAVE \$60

\$59.99 REG. PRICE \$119.99

LOT 69252/60569/62160 62486/62516/68053 shown

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WOW SUPER COUPON

SUPER-WIDE TRI-FOLD ALUMINUM LOADING RAMP

LOT 69595/60334/90018 shown HaulMaster

• 1500 lb. Capacity

SAVE \$70

\$79.99 REG. PRICE \$149.99

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WOW SUPER COUPON

60 LED SOLAR SECURITY LIGHT Bunker Hill Security®

LOT 62534/60524 69643 shown

SAVE 50%

\$29.99 REG. PRICE \$59.99

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WOW SUPER COUPON

PITTSBURGH 40 PIECE 1/4" AND 3/8" DRIVE SOCKET SET

• SAE and Metric

LOT 61328 47902 shown

SAVE 60%

\$3.99 REG. PRICE \$9.99

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WOW SUPER COUPON

TRIPLE BALL TRAILER HITCH HaulMaster

LOT 94141 shown 69874/61320 61913/61914

SAVE 66%

\$19.99 REG. PRICE \$59.99

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WOW SUPER COUPON

8", 5 SPEED BENCH MOUNT DRILL PRESS

LOT 62390/62520/60238 shown

SAVE \$50

\$49.99 REG. PRICE \$99.99

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WOW SUPER COUPON

MIG-FLUX WELDING CART

LOT 90305/60790 61316/69340 shown

SAVE 41%

\$34.99 REG. PRICE \$59.99

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WOW SUPER COUPON

4 PIECE 1" x 15 FT. RATCHETING TIE DOWNS HaulMaster

LOT 90964 shown 60405 61524 62322

SAVE 60%

\$7.99 REG. PRICE \$19.99

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WOW SUPER COUPON

3/8" x 14 FT. GRADE 43 TOWING CHAIN HaulMaster

• 5400 lb. Capacity

Not for overhead lifting.

LOT 60658 97711 shown

SAVE 55%

\$19.99 REG. PRICE \$44.99

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WOW SUPER COUPON

PITTSBURGH 2 TON CAPACITY FOLDABLE SHOP CRANE

• Includes Ram, Hook and Chain

LOT 69514 shown 60388

SAVE \$120

\$179.99 REG. PRICE \$299.99

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WOW SUPER COUPON

GREENWOOD 1-1/4 GALLON SPRAYER

LOT 61280 95692 shown

SAVE 43%

\$8.99 REG. PRICE \$15.99

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SEE THROUGH

The character, comfort and costs of your windows

by Hannah McKenzie

Windows can be a thorn in the side of homeowners. They are expensive to replace, time consuming to maintain and often don't provide enough energy savings to fully cover these costs. On the other hand, we thrive with natural light inside our homes, we love when windows are not drafty, and we are pleasantly surprised when they muffle obnoxious sounds from outside.

Repairing or replacing windows will nearly always improve looks, comfort and energy efficiency, though the amount of improvement dramatically varies from window to window and home to home.

Considering your windows

Window frames are typically one of three materials: wood, metal or vinyl. Wood and metal frames usually can be repaired and improved. Unlike wood window frames, metal window frames in homes have the added complexity of transferring heat—making you feel colder in the winter and warmer in the summer. Vinyl window frames are often impossible to repair and will warrant replacement of the entire window unit.

Window glass is either single, double or triple panes. Single pane windows were commonly installed until the 1970s when double pane glass became the norm. Triple pane windows are widely available and found in high-end homes.



Tilt-in, double pane, sash-only replacement kits provide a convenient way to convert old windows into efficient ones, if your existing frames are in good condition.


What to do?

Before replacing windows for energy efficiency alone, priority should be given to a top-notch energy audit and repair of your home's ceiling, floors and walls by sealing holes, improving attic insulation and sealing HVAC ductwork. Assess each window individually as you consider your time, ability, budget and aesthetic goals. Often homes have a mix of replaced and repaired windows.

A 2002 study showed that installing a storm window with low-e coating over a historic window can yield the same efficiency as a replacement window. Low-e storm windows can save 12 to 33 percent a year in heating and cooling costs. If you plan to go the repair route, visit the U.S. Department of the Interior's Technical Preservation Services to see assessment, repair and upgrade tips.

Replacing windows is alluring when you have severely dilapidated windows and limited time. Instead of scraping paint, replacing glazing putty, replacing the glass you break while removing glazing putty, multiple coats of paint, caulking, weather stripping and sash repair, a workman shows up and has the old window out and the new window installed within a matter of minutes.

When repairing or replacing windows, be mindful that lead dust can cause irreversible neurological damage to a baby in utero and children. Contact your county health department so you know how to proceed safely.

Each situation is unique but rest assured you can proceed with confidence that a quality repair or replacement will improve looks, comfort and even yield energy savings. 

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Repairing windows (wood and metal frame)

Pros	Cons
Window units may last for the life of the home	Routine maintenance every few years
Do-it-yourself	Costly if you hire someone
Repairable	Time consuming
Preserves historic character	Cost of purchasing low-e storm windows

Replacing windows (any kind)

Pros	Cons
Quick makeover	Expensive
No muss, no fuss	May not be repairable, which will require replacement anywhere from two to 20 years

UPGRADE AND SAVE

Running old, inefficient appliances may cost you more than you think

By Bret Curry

Major home appliances are not meant to last forever. Most major appliances have a planned obsolescence of 10 years. If one of your major appliance has provided more than 10 years of service, you have certainly gotten your money's worth—or have you?

Most of us would likely say if the refrigerator is not broken, there is no need to fix it. Also, you might not consider replacing appliances until the kitchen needs remodeling or you are moving into a new house. Or you may take the repair approach because the repair cost is less expensive than purchasing a replacement unit.

The reality is that over time, the overall energy efficiency of a home's appliances can drop significantly because of aging parts, malfunctioning controlling devices, bad seals and other failing components. For instance, a bad thermostat on a dryer will cause it to continue drying even when clothes are dry. A bad seal on the freezer or refrigerator will cause the unit to cycle frequently. And when it comes to old refrigerators and freezers, many Americans keep one or more in the garage, which is an unconditioned air space. During warmer months, the unit cycles much longer in order to keep its contents cold.




Larger refrigerators require more energy, so choose a size that fits your lifestyle.

Older refrigerators equate to additional energy consumption. Running an additional older model unit can consume up to 66 percent more energy than a newer model that is Energy Star equivalent. Even though you may have gotten your money's worth out of an appliance, you may be spending far more on electricity than the unit is worth. For instance, it is not uncommon for older model refrigerators and freezers to average \$1 per day to operate.

It is not always obvious when an older appliance has become an energy waster. But it is a safe bet that if a major appliance is more than 10 years old, there is an Energy Star replacement available that can save money over the long haul.

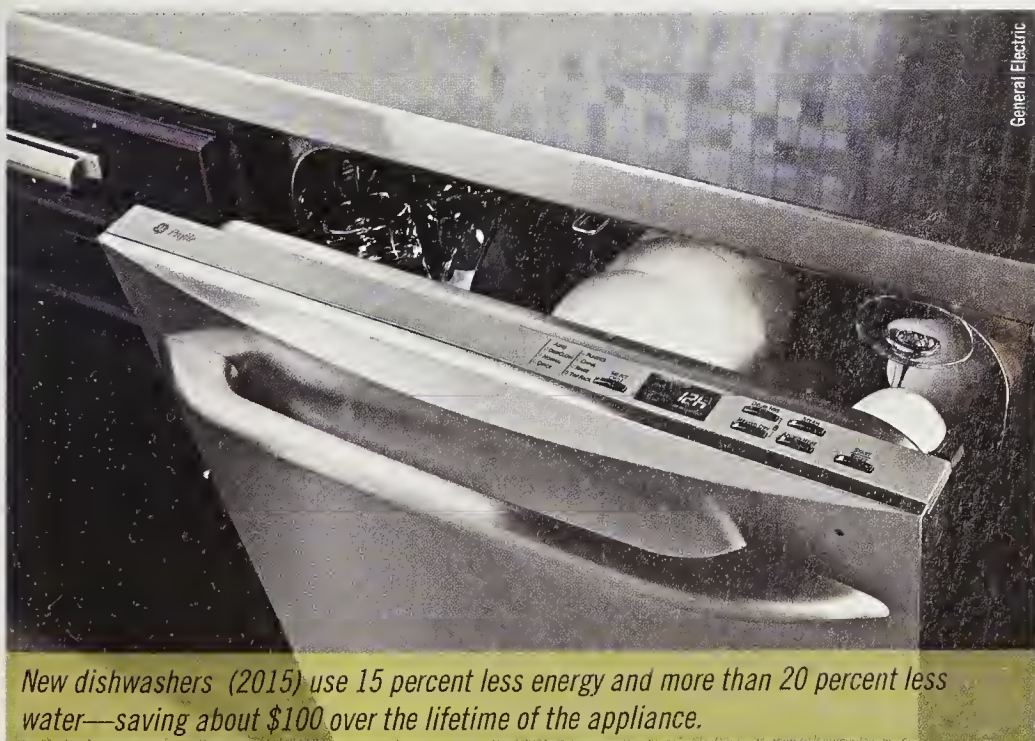
Today's technology is a friend when it comes to energy-efficient appliances. Older motor and controller technology is less efficient than today's technology. For instance, programmability and energy-saving functions are available on many appliances. Energy-efficient clothes dryers

are available with humidity-sensing controls that cause the dryer to shut down when clothes are actually dry. Energy-efficient washing machines have water-saving features, motors, and a high-speed spin cycle that removes virtually all of the water from clothing. This allows for less drying time. 

Bret Curry is the residential energy manager for Arkansas Electric Cooperative Corporation.

SEE THE LIST

For a complete list of energy-saving appliances, visit energystar.gov and click on the "Energy Efficient Products" section.



New dishwashers (2015) use 15 percent less energy and more than 20 percent less water—saving about \$100 over the lifetime of the appliance.

GET COOL

How to buy a new air-conditioning system

There are a handful of moments in life when you have an opportunity to select a new air conditioner. It can be an exciting and planned occasion of building a new home or addition. Usually it is an abrupt need to replace an existing unit. In either scenario, knowing about energy-efficient air conditioning options can help you select a unit that provides long-term comfort and affordability. When buying a new car, miles per gallon is a consideration in the long-term affordability of the vehicle. When investing in energy efficiency for an air conditioner or heat pump, choosing wisely is equally important.

Benefits

Energy Star-certified air conditioners exceed federal standards by at least 10 percent and meet stringent quality standards that yield long-term durability and exceptional performance. Many Energy Star-certified air conditioners and heat pumps exceed minimum Energy Star standards and are often worth the extra investment in our humid climate, especially if you have a lot of space conditioning in your home.

Measuring efficiency

Central air conditioners and heat pumps are rated according to Seasonal Energy Efficiency Ratio (SEER: cooling output divided by the power input for a hypothetical average U.S. climate) and Energy Efficiency Ratio (EER: cooling output divided by power consumption). Room air conditioners are rated according to Combined Energy Efficiency Ratio (CEER). The higher the SEER, EER or CEER, the more efficient the air conditioner.



Selecting a contractor

1. Find contractors who employ technicians with North American Technician Excellence (NATE) training. Listings are found at hvacradvice.com or (877) 420-NATE. Ask for pricing from three mechanical contractors to weigh your options and contact several of the contractor's references to make sure that customers were satisfied.
2. Energy modeling software must be used by the contractor to determine proper sizing before making a recommendation. Remember that bigger isn't always better, because an oversized system may not adequately dehumidify your home in our muggy climate. For example, just because you have an existing three-ton unit now does not mean that three tons is the correct replacement size. Always have the contractor confirm the HVAC size with modeling software.
3. Have the contractor check all ducts before installing a new system. All ducts must be correctly sealed, insulated and sized with supply and return systems balanced.
4. Inquire about a variable speed air handler that will improve comfort and efficiency and allow continuous air filtering at minimum energy cost.
5. Ensure that your new HVAC system performs at its rated efficiency by replacing the outdoor compressor and air handler at the same time. If you purchase a new energy-efficient air conditioner but connect it to an older furnace and blower motor, your system will not perform to its rated efficiency.
6. Contact your electric cooperative to inquire about rebates or low-interest loans for high efficiency equipment (not offered by all cooperatives).



Energy Efficiency Tip



During summer months, our homes can be extremely hot, making living conditions uncomfortable. Before you fire up your air conditioner, try cooling off with a ceiling fan first. Using ceiling fans can actually raise your thermostat setting by 4 degrees and still feel just as comfortable.

Sources: U.S. Department of Energy

Types of systems

	Market Range Available	Minimum	Lifespan*
Central AC	14–23 SEER	15 SEER	12–15 Years
Heat Pump, Ducted Air Source	14–20 SEER	15 SEER	12–15 Years
Heat Pump, Ductless Air Source	14–26 SEER	15 SEER	12–15 Years
Heat Pump, Ground	8.7–45 EER	14.1–21.1 EER	20–25 Years
Room	8.7–12.1+ CEER	9.9 to 12.1 CEER	10–15 Years

*Consult with your HVAC contractor.

Measuring savings

An Energy Star-certified heat pump may cost \$500 more than a non-certified model, however the savings on your electricity costs from an Energy Star model could be nearly \$100 per year. If the unit lasts at least 10 years, the savings could be up to \$1,000—which will more than pay for the additional upfront cost. As energy prices continue to rise in the coming years, you'll have more peace of mind with an energy-efficient air conditioner or heat pump.

Use the Energy Star Savings Calculator to determine what you could save by investing in a more efficient central air conditioner.

■ www.energystar.gov/buildings/sites/default/uploads/files/CentralAC_Calculator.xls

■ www.energystar.gov/buildings/sites/default/uploads/files/RoomAC_Calculator.xls

First, collect the following information from your contractor:

Contractor:	Energy Star Qualified Unit Option 1	Energy Star Qualified Unit Option 2	Conventional Unit
Estimated retail price with installation	\$	\$	\$
Efficiency	SEER	SEER	14 SEER
Capacity (Btu/hr)	ton	ton	ton

Content provided by Advanced Energy, a planning, technical and engineering services firm based in Raleigh that provides market-based energy solutions for electric utilities, state, federal and local governments, manufacturers and a wide variety of public and private partners. Advancedenergy.org

ENERGY SAVING TIPS

- ☐ Install and set a programmable thermostat.
- ☐ Keep the air conditioner fan set to "Auto" rather than "On" so it only runs when necessary.
- ☐ Change or clean the air filter every one to three months, including room air conditioners.
- ☐ Ensure a long equipment lifespan by having the air-conditioning system serviced annually.
- ☐ Use a room fan but remember they cool people—they don't actually reduce room temperature—so turn it off when you leave the room. When purchasing fans, look for Energy Star qualified fans.
- ☐ Use the bathroom fan when bathing and a vented range hood when cooking to remove heat and moisture from your home.
- ☐ Replace old or remove inefficient or extra appliances that generate excess heat such as refrigerators or freezers. Avoid using heat generating appliances such as the dryer or oven on hot days.
- ☐ Hire a home performance contractor to assess and improve your home so your home uses less energy for heating and cooling. If you don't already have recommendations from friends and neighbors or your electric cooperative, home energy professionals can be found through the Building Performance Institute (BPI) at bpi.org or (877) 274-1274.

MORE INFORMATION

smarterhouse.org/cooling-systems

energystar.gov/products

energy.gov/energysaver

AROUND THE HOUSE

BACK-UP POWER

A buyer's guide to residential standby generators

By Tom Tate

Let's face it: rough weather happens. When a major storm hits, power may be out for an extended period of time. Anyone who has experienced an extended power outage has likely mulled over the idea of buying a generator. But before you do, make sure you have all the facts.

The purchase and installation of a generator is an important and serious decision. Properly done, you gain peace of mind knowing your family can ride out any outage with some degree of comfort. But an incorrectly implemented generator can become deadly to you, your family, your neighbors and your electric cooperative's employees.

So, let's look at the decisions you'll need to make when it comes to purchasing a residential generator. First, do you want to back up your entire home or just portions? The biggest drawback to a permanently installed, whole-house generator is the cost. While the advantages are significant, it is a large expense for most folks to cover. The table illustrates several characteristics of each alternative.

The next decision is sizing the generator to your particular situation. Online tools abound, so if you like to research, just type "generator sizing guide" into your browser and off you go. Or, contact your cooperative to help you determine the size. All this being said, a nice portable generator size is at least 6,500 watts with a startup capacity of around 8,000 watts. When motor loads start—such as a water pump or refrigerator—they draw more power than they use when running. This "in rush" of power gets them spinning. Afterwards, their demand for electricity decreases.

Residential Generators what to know before you buy

Installation Type	Price	Operation ¹	Capacity	Length Of Operation ³
permanent	expensive	automatic	whole house	can be indefinite
portable	more affordable	manual	typically partial ²	depends on fuel tank size



¹ Permanent generators start upon loss of grid power. They also exercise themselves automatically.

² Frequently powered: refrigerator, pumps (well, sump, septic), furnace, some lights, stove.

³ Permanent generators use propane or natural gas, portable use gasoline. Permanent models offer significantly longer operating times.

Image of portable generator provided by SafeElectricity.org




To avoid dangerous back-feeding of electricity into utility systems, have a qualified, licensed electrician install a double-pole, double-throw transfer switch between the generator and utility power.

The third consideration is how to integrate the generator with your home. Permanent models have dedicated switching devices that handle this chore, while portable models require you to remove them from storage, set them up, connect them and start them up. Here is where the danger mentioned above comes in to play. If you connect a portable electric generator to the main electrical supply coming into the house, the electrical generator could feed back into your electric cooperative's system and electrocute workers who are repairing the electrical lines. To avoid back-feeding of electricity into utility systems, have a qualified, licensed electrician install a double-pole, double-throw transfer switch (see illustration) between the generator and utility power in compliance with all state and local electrical codes. Be sure to closely follow connection instructions, and contact your cooperative if you have any questions regarding connecting your generator safely.

And never run a portable generator inside your house or garage. Keep it outside and not near a window to prevent carbon monoxide poisoning in the home.

Next, a word about quality. With generators, you definitely get what you pay for. Cheap models are just that. They may last a couple of years, but after that, parts can be impossible to get. Few things are worse than your generator failing to operate when the lights are out. Definitely go for engines with recognizable brand names. They may cost more, but it will certainly be worth it.

It's important to exercise your portable generator regularly. Don't worry, you don't need to walk your generator—it's not that type of exercise. Exercising means connecting load to it and turning it on to be sure it will run.

It's a good idea to let your electric cooperative know you have a generator. Your co-ops can provide safety and connection tips if needed, and it will enhance the line crew's safety. 

Tom Tate writes on cooperative issues for the National Rural Electric Cooperative Association.

THE WELL-LIT DECK

Quality lighting enhances outdoor time after sundown

By Craig Springer

You're all decked out, but staying home instead. You want to to enjoy your deck in a new and pleasing way: well-lit by quality outdoor illumination well after sundown.

Deck and outdoor lighting come in many options. Being "well-lit" doesn't mean flood lights and chandeliers and torchieres that are painful to look upon. Perish the thought of yellow bug bulbs or the blue bug zappers.

Subtle is better than too bright

Instead, quality illumination is achieved by being subtle, says senior landscape lighting designer, Jason Bornhorst. He's been planning outdoor lighting for Peabody Landscape Group in Columbus, Ohio, for more than two decades. Bornhorst says people should be "walking through pools of ambient light on decks, porches, and walkways." He likened the desired effect to a candlelight conversation.

Bornhorst recommends that as a gauge, you should be able to see the faces of those you converse with, but light levels beyond that could be too bright. Being subtle, too, will help stave off complaints from neighbors who may see your light piercing their windows and outdoor living spaces.

Avoid 'runway effect'

Bornhorst has a few other suggestions: one is to "avoid the runway effect." He says it's a common mistake that do-it-yourselfers think that every square inch of walking space

should be covered in light. "From a distance, it makes walkways, stairs and even driveways look like an airport runway." To the contrary, he recommends asymmetric placement of soft lights over paths.

For decks and porches, "downlighting is best," says Bornhorst. "You want soft lights cast downward against a wall or deck surface. You want just enough light to see your friends and family in conversation."

For a dramatic effect and useful illumination, Barnhorst says do-it-yourselfers should remember to light the house—that is, illuminate the architecture. "Most people light landscape plants, but forget to light the house," says Bornhorst. "Lighting a home's exterior adds texture and silhouettes and interest in the architecture." Those well-placed lights also have utility in the outdoor space you occupy.

The lighting designer encourages folks to do the research. "There are many quality products out there in warm light and cool light that have their specific applications. Working with a pro will help you understand the differences and uses around your home."

New LED technology

Lastly, Bornhorst recommends new LED technology over halogen and incandescent lighting. "It's cost-effective," he says. "LEDs are long-lived and use less energy."

Landscaping lighting is affordable and the net return is great when you consider the greater livability of your outdoor living space. You can extend your living space outward, and later into the night.

Craig Springer is an electric co-op member and freelance writer based in Santa Fe County, N.M.

Peabody Landscape Group



DIY relaxation

Creative ways to keep tension from taking over



Stress is often seen as a negative effect on the body, but it is very essential to life. It is the “fight or flight” system that is naturally part of our survival system. Stress is bad when it overwhelmingly impacts our health equilibrium.

Stress is associated with higher levels of cortisol, a hormone produced by the adrenal glands. Accumulated unmanaged stress can lead to major physical and psychological illness, including depression, overeating, excessive sleep, and irritability. While it is impossible to avoid stress completely, it is possible to manage your stress.

Most people know that meditation, massage, exercising (including yoga) and getting proper sleep greatly helps, but there are many other ways to allay stress as well.

Drink tea

Green tea lowers your blood pressure and is full of antioxidants beneficial for your health. In one study, black tea helped lower cortisol and reduced

stress after six weeks of drinking tea more so than subjects who were drinking placebo drinks.

Stress relief with a pet

One study showed that patients experienced a 37 percent reduction in anxiety if they spent time with animals before their medical operations. Watching fish in an aquarium has also been shown to reduce your blood pressure.

Deep, slow breathing

By taking deep, slow breaths, your blood pressure and heart rate also slows down, which counteracts the effects of stress. This also allows you to relax and clear your thoughts, and is largely used in meditation. It has been shown to reduce anxiety and help folks with depression.

Guided visualization

This is a technique that many people use to relax and achieve their goals. It allows people to imagine and consciously think about issues and helps people get in touch with their intuition.

Aromatherapy

Certain plant oils have been found to relieve nervous tension or anxiety. The scents of certain plants, such as lavender, can ease our stress. These scents can create a calming mood for us and some may even bring us memories or thoughts associated with the smell.

Enjoy a hot bath

A hot bath, especially if infused with sea salt, can help relieve the tension on your muscles and lessen pain. It also promotes blood circulation and calms the nervous system.

Listen to music

Certain music gets people in certain moods or thoughts. A study has shown that patients in post surgery who listened to music had lower stress levels than those who did not listen to music.

Try a craft

Finding a hobby and keeping your hands busy will distract your mind from stressors. It is used quite often as a therapeutic healing method and allows you to express yourself in an artistic way.

Write down your thoughts

Keeping a journal or diary allows you to express yourself and your feelings. It is thought to help you organize your thoughts, and reflect on your choices. Your journal is also a place for you to let your emotions out that you wouldn't let out otherwise.

Laugh

Going to a comedy show or watching a funny movie will help manage your stress. One study showed that there are lower levels of the salivary endocrinological stress marker chromogranin A (CgA) in those who watched a humorous movie. Along with less stress, these subjects also reported a feeling of being uplifted and fulfilled. 🧘

—Labdoor.com

Social Security retirement benefits

The big question: Collect sooner or later?

By Allison Goldberg



Social Security retirement benefits play a big role in financing retirement for the majority of recipients, so deciding when to collect is an important decision point for many. You can typically begin collecting your Social Security retirement benefit any time between the ages of 62 and 70. However, the later you claim, the higher your monthly benefit.

Ages 62, 66–67, and 70

Under current regulations, if you begin collecting your benefit at age 62, which more than two-thirds of workers do, you will receive a reduced benefit compared to the benefit you will receive if you delay collecting it. If you wait until what the Social Security Administration considers your full retirement age (FRA), which ranges from age 66 to 67 depending on the year you were born, you'll receive approximately 33 percent more each month than you would by claiming at age 62.

If you claim your benefit at age 70, you'll receive approximately 75 percent more each month than you would by claiming at age 62, reports the Center for Retirement Research at Boston College. Perhaps that is why, in the October 2013 brief "Social Security's Real Retirement Age Is 70," the research center recommended thinking of 70 as the real retirement age and encouraged those who can afford to wait until age 70 to collect their Social Security benefit to do so.

The research center also recommended working as long as possible to delay claiming your Social Security retirement benefit and add earning years to the benefit calculation.

Your monthly benefit is based on the age at which you begin collecting and your highest 35 years of earnings on which you have paid Social Security payroll tax.

If, at age 62, you have not yet worked for 35 years, you can only increase your monthly benefit by continuing to work, thus replacing the non-wage-earning years in the calculation with wage-earning years, and delaying receipt of your benefit. If you collect your benefit before full retirement age while continuing to work, and earn over \$15,720 in 2015, some of your benefits will be withheld. However, withheld benefits are not lost but rolled forward to increase your Social Security benefit after you reach full retirement age.

Getting your statement

If you haven't signed up to view it online, the Social Security Administration sends your statement in the mail every five years, usually around your birthday. You can also visit the Social Security Administration website (ssa.gov), register and access the same information. Take your information to your next meeting with your professional financial advisor and discuss how your projected monthly benefit fits into your retirement plan.

Allison Goldberg writes and edits materials for the National Rural Electric Cooperative Association.

If you collect your benefit before full retirement age while continuing to work, and earn over \$15,720 in 2015, some benefits will be withheld. However, withheld benefits are not lost but rolled forward.

If you claim your benefit at age 70, you'll receive approximately 75 percent more each month than you would by claiming at age 62.

Nothing to sneeze at

5 tips for seasonal allergy relief



Spring is upon us, and if you have seasonal allergies, you may be less excited about that than most. Allergies are no fun but allergies don't have to make you miserable. Here are tips from the American College of Allergy, Asthma and Immunology to help you find relief.

Natural clothing materials

For allergy sufferers, not all clothing materials are created equal. Research shows that when synthetic fabrics rub against one another, they create an electrical charge that attracts pollen, which, as it turns out, is also electrically charged. Natural fibers such as cotton also breathe better, so they stay drier and less hospitable to moisture-loving mold.

Local pollen counts

To get pollen allergy forecasts for your area, visit pollen.com and type in your Zip code.

Adjust your workout routine

Exercising causes you to breathe more deeply and inhale pollen. If you're planning a vigorous workout, try to stay indoors. If you're planning on taking a casual walk, considering taking a non-drowsy antihistamine before you go. Exercise outdoors when pollen counts are at their lowest—before dawn and in the late afternoon or early evening.


Garden smart

Taking a non-drowsy antihistamine about half an hour before you head outside to garden will help. You should also wear gloves and a NIOSH-rated 95 filter mask if your tasks including digging in the dirt, which can stir up pollen. Avoid touching your eyes, and be sure to wash your hands, hair and clothing once you go back indoors.

Consider seeing an allergist

Over the counter intranasal steroids (nasal sprays) as well as non-drowsy antihistamines and decongestants can be beneficial for those suffering from mild allergies. However, people suffering from more severe allergies can benefit from seeing an allergist. He or she can help you develop an action plan to avoid allergy triggers and determine what treatment is best for your individual needs. Many severe allergy sufferers find relief in immunotherapy—allergy shots that help the body build resistance to the effects of the allergen. To learn more about this approach and to find an allergist, visit allergyandasthma relief.org.

Eliminate uninvited guests

Limit your exposure to indoor allergens. Vacuum your furniture, leave your shoes by the door, shower frequently, buy a good air purifier with a HEPA filter and use a dehumidifier to limit mold. 

—Brandpoint.com

Natural remedies

There are many remedies that don't involve medication or over-the-counter products to fight allergens. They include saline rinses, which clear out allergens and mucus, and bring relief to those with chronic sinus and rhinitis problems. You can purchase commercial ones at drugstores or make your own. The American Academy of Allergy, Asthma & Immunology has a recipe for an inexpensive, homemade saline rinse on its website. Visit aaaai.org and type in saline rinse.

Also, some foods and herbs can aid in fighting allergies. For example, an article by Rodale News advises eating vitamin C-rich foods such as broccoli and citrus fruits and taking stinging nettle capsules. To find out more, visit rodalenews.com and type in "Foods that fight spring allergies".

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Remember...



With Dad on our new 1948 John Deere 'B' tractor.



With my wife, Georgie, enjoying a hiking break on our property just off the Blue Ridge Parkway.

An electric co-op opened the world

I grew up on a dairy, swine and crops farm in southeastern Minnesota, as did my parents and three previous generations of my family. Life and labor changed dramatically when REA electricity came in the 1930s and 1940s. With electric power came milking machines, electric lights, reliable energy to pump water for livestock and household use, kitchen appliances and much more. Horse power also gave way to tractor power during this era. Together, those developments enabled expansion of our farming operation and opened doors for my sisters and me to pursue education through high school and beyond. Significantly, those advances generated opportunities for my parents as well.

While farming full-time, my dad was elected to the board of the area Tri-County Electric Cooperative in Rushford, Minn., including a stint as president. In addition to serving his community, the experience and exposure gained were keys to his (and Mom's) personal growth. Indeed, it opened the world to them; impressively, my parents traveled to all 50 states and more than a dozen foreign countries, mostly in their retirement years. Not bad for a couple of farm kids whose formal education was limited to eight grades.

For me, graduate school in genetics followed by 38 years on the NC State University faculty account for my longtime North Carolina residence and ever-increasing love of the state. I am now happily retired in Watauga County.

And to go full circle, it seems fitting that my wife and I are members of an electric cooperative, specifically, Blue Ridge Electric. Although 1,000 miles from my childhood roots, it feels like I am home again; and that's a good thing.

Wendell H. McKenzie, Boone, Blue Ridge Electric

The Candler cabin

These pictures bring back memories of the early 1970s when my father bought an old chicken farm in Candler, west of Asheville. He restored the log cabin there to living condition, and even though it had only one bathroom, our family of four survived just fine. On Sunday mornings, when we all had to go through the bathroom to get to church on time, Dad would say that he could wash an elephant in the time I took in the bathroom.

For my 16th birthday, he put up a tent for me to camp out with three of my friends. Dad also made us a fire so we could have an outdoor hotdog roast. We took turns on a swing hanging from a tree. I am on the left and next to me is Beth Gettys, then Pam Leviner and Martha Smith.

The other photo is of me and my brother, Jeff, on our horses, Pearl and Rusty. One time Rusty bucked Jeff off, and we laughed and laughed, but were glad he didn't get hurt. When I would ride Pearl through the hayfield it is a wonder I didn't fall off. I rode her as fast as she would go, and I remember the wind making my hair fly behind me. We had quite a few acres to ride on.

My mother would cook the best food when we were living in that cabin. After school, I would walk from the school bus up the long hill on a dirt road. That extra exercise made her home-cooked meals taste really yummy. The cabin is still inhabited. Dad rented it out for years, but then finally sold it. Now it's nicer, with two bathrooms.

Karen Gilliam, Morganton, Rutherford EMC





The old granary

This building is a replica of a shed on the farm where I was raised. The family called it a crib or granary. The sheds on each side were used to shelter farm equipment: a horse-drawn wagon, drill, fertilizer distributor, mowing machine and seed pan. The hay rake to the right of the building was used in earlier years on this farm. Much of the horse-drawn equipment is still on the farm.

The center of the original building stored cotton until taken to the gin. It also stored corn, wheat, oats and clover seed. The upper part of the building was used to salt-cure hams, as well as to store small farm tools.

On the right of the building we have displayed wash tubs, washboards and cast iron skillets, all used in the era of the original building.

The original building was located on the Kennedy homestead and was over 100 years old. It withstood many storms in all those years. In the mid-1970s the old granary was hit by a tornado and would stand no more. We were fortunate to have pictures of the old granary and could replicate it.

Local photographers and family have used this area for weddings and family and graduation pictures.

We use it now as a potting shed and to store items never thought of years ago.

Bennett and Irene Kennedy, Oakboro, Union Power Cooperative

Police call

In the early 1980s I left a small-town police department in eastern North Carolina when I was hired by a much larger one in central North Carolina. I knew there would be challenges, like many more officers to work with, higher calls for service and much more violent crime. But I didn't think one would be how I talked.

In the small community where I came from, whenever you announced yourself at a call you just said "Police," without any emphasis on one particular part of the word. But during my first few weeks training with an older, more experienced officer, I would go up to a house or apartment and knock and say "Police," like I'd been doing for several years. Someone inside would usually say "Who is it?" I'd repeat myself and get a "Who?" in response.

My training officer just smiled and said "PO-lice," with the emphasis on the "Po." Then the response was, "Oh, come on in" or "Why didn't you say so!" which got a laugh from my training officer. He just looked at me with a wise expression on his weathered face and said, "You know, rookie, it's the South."

Craig Finley, Randleman, Randolph EMC



The Wilmington (Del.) Morning News,
Monday, May 29, 1979.

Memorial Day weekend 1979

I was 46 years old in 1979 and working long hours. For Memorial Day weekend, I wanted to go to the beach. I went to Rehoboth Beach, Del., and checked into a very nice motel. I put on my bathing suit and took my book.

On the beach it was very windy, and the blowing sand hurt my skin. No one else was there, but I was determined that I would lie on the beach. I dug a trench in the sand and laid my beach towel in it, and when I lay back I was below the blowing sand.

As I was reading my book, I noticed a teenager walking in my direction. When he got up to me, he said, "Oh, I thought you were someone younger." That did not make my day. I continued reading and later noticed a young man in a black suit and tie and dress shoes, wearing glasses and walking in my direction. I wondered, "Now what does he want?" He came over and told me he worked for the local newspaper and asked if he could take my picture since I was the only person on the beach. He said it would be in the morning paper. The next day I checked and did not see it.

Later at home, I got a greeting card in the mail from the motel where I had stayed. The card had a picture of an owl on the front saying, "Look who's in the news." Enclosed was a newspaper clipping showing my picture. That is the only time my picture has been in the newspaper. Years later I lent the book to someone, and when she returned it she said she noticed there was sand between the pages.

Avis Chassin, Winnabow, Brunswick EMC

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ASPIRE TO COLLEGE

Students in rural North Carolina can get help preparing for standardized college tests

Text and photos by Hannah Miller

Last March, when 24 students at North Davidson High were preparing for the next day's ACT college pre-admission test, they laughed, sipped soft drinks, argued with each other and even played with their teacher's 2-month-old son.

They had every right to be comfortable with each other and their coaches for the test, math teacher Jennifer Brinkley and English teacher Paul Piatkowski. They had been meeting together every week after school from October to Christmas. Ms. Brinkley (a member of EnergyUnited from Reedy Creek) said they all felt like family to each other.

The students also were comfortable with the English, math and science material they were reviewing for the ACT, a standardized test that could determine whether they make it into college. (Colleges that require a standardized test will accept either the ACT or a similar test, the SAT.) These students were enrolled in a test-prep program called ASPIRE — ACT Supplemental Preparation in Rural Education — sponsored by NC State University since the 2012-2013 school year. Before conceiving the program, officials in NCSU's College of Applied Life Sciences realized that rural students often lacked access to the test preparation services offered in urban areas. As a result, they felt, NC State was missing out on qualified students.

Working with N.C. Cooperative Extension, they linked up with partners including the Golden Leaf Foundation and agricultural organizations to pay Princeton Review, a test prep business,

to train Extension agents and public school teachers as ASPIRE coaches. Princeton Review supplies materials and practice tests.

Any students planning to attend college may take the prep course. They each pay \$165 and will be refunded \$100 if they complete the course. That compares with \$999 for 30 hours of onsite or live online instruction from Princeton Review and \$699 for similar courses by Kaplan.

Rural students often lack access to the test preparation that commercial companies offer in urban areas.

So far, 377 students from 23 counties have completed North Carolina's 30-hour ASPIRE course since 2012. In that first year, they showed an average improvement of 3.5 points (a score of 36 is perfect) between their first and fourth practice tests. There were 92 students participating this year from these counties: Haywood, Person, Lincoln, Catawba, Pasquotank, Johnston, Columbus, Cherokee and Davidson.

Practice makes almost perfect

When the 24 North Davidson students were in the class last March, Ms. Brinkley told them there are 60 questions on the math test, and 60 minutes allotted to answer them. She advised them to start with those that they know how to do. ("They can guess on the other ones, because it doesn't count against them," she explained later.)

On the essay part of the ACT, student

Last March, students from North Davidson High School in Lexington seemed at ease the day before taking their ACT test for college. Trained ASPIRE coach Paul Piatkowski (middle photo) said the goal is to score above a college's cutoff point so admissions officials can look at a student's other attributes.

Katie Kessler asked Mr. Piatkowski whether they should write in third or first person. "Whatever you're comfortable with," he said. "If you have extra time, go back and add detail, which gives impact to writing. Instead of saying, 'I went to a restaurant,' write, 'I went to a fast-food restaurant.'"

Scores in the mid-to-high 20s are good, says Mr. Piatkowski. The goal, he says, is to score high enough to stay above a college's automatic cutoff point so that officials can look at a student's other attributes.

Though students could access a variety of test-help programs online, Ms. Brinkley says that in ASPIRE "they're accountable. They have to answer to me and to each other."

Student Dana Shaut improved by four points on practice tests to a 30, which made her very happy. When she got to the actual ACT, she says, "I was so calm." And when the ACT scores came back in April, Dana did even better on the test than on her practice tests, scoring a 31. 6

ASPIRING TO ASPIRE

Counties wishing to join the program, led by NCSU faculty advisor Joanna Eglinton and coordinator Rachel Huffman, can call (919) 515-2614 or visit harvest.cals.ncsu.edu/aspire. The county should have either a strong rural component or be considered economically distressed. A portion of a \$3 million gift in 2014 from NCSU alumni Dr. Joseph K. and Deborah Kapp Gordon of Raleigh aids program expansion.

Students can apply for ASPIRE through its Internet site. If their county has no program, they can apply for one in a neighboring county.



After the prep course, Dana Shaut said "I was so calm" when taking the actual ACT test. She scored a 31 of a possible 36.



CAROLINA COUNTRY scenes Photo of the month

Best friends

These are my two daughters, Bethany and Cierra. Last spring my friend who is a photographer came over to my home in the country and captured this minute in time. My girls are best friends, and this photo really shows that.

Melissa Heath, Harrells, Four County Electric

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website carolinacountry.com.

Shocking news

Four Rowan County men were electrocuted instantly when they were not watching what they were doing

Margie Burton, a member of EnergyUnited, remembers a horrific day in April 1978 when she learned that her brother was killed. Danny Lee Messick was 23 years old, and on that pleasant spring day he was in Salisbury with his best friend helping to move a neighbor's mobile home to a location 50 feet away.

According to the Rowan County sheriff's report, three young men and the 55-year-old father-in-law of one of them had the house trailer hitched to a truck. Before moving it, they wanted to detach a metal porch from the mobile home. As all four men attempted to lift the porch, either the CB radio antenna or the TV antenna attached to the porch was drawn to contact a Duke Power electric distribution line carrying 7,200 volts, typical for a neighborhood power line. All four men were electrocuted instantly.

Witnesses watched flames burn three of the bodies to charred heaps. "My brother was the only one that did not burn up," Margie Burton told Carolina Country. "God knew that it would push me over the edge. The hair all over his body was singed. We believe that he was trying to save his best friend, because his arm was laying across his friend. There was a man who got there before the power was shut off who was a friend of the family and also a police officer. He tried to take a stick and get Danny's arm off of his friend, but the power in the ground knocked him backward. He was lucky. He could have been the fifth body."

Earl Fred Gaskey, 30, had lived in the mobile home with his wife and two children. His wife, who had been watching as her husband and her father were moving the porch, was quickly led away from the scene along with a number of children.

"I've never seen anything that bad and never want to again," a witness told the Salisbury Post the next day. "I didn't sleep any last night. I just kept seeing it."

Margie Burton says now, "That day changed my way of thinking and left a hole in my heart. God knew what he was doing, but the hurt is still in my heart. People just don't realize the amount of power that runs through those lines and the damage it can do. I know that all those men did not think that they were getting that close or that the power would pull that antenna to the power line. People need to realize: even if you think you are safe, think twice about what you are going to do." 🍌

—Michael E.C. Gery

Learn about how to be safe and see a video about a similar tragedy at SafeElectricity.org.



A car towing a boat caused this dangerous electric arc as the boat's mast neared a power line.

SAFETY FIRST!

DANGER

May is National Electrical Safety Month

America's Electric Cooperatives are on a quest for safety excellence.

Each year, May is marked as Electrical Safety Month, when electric cooperatives and others emphasize the need to be safe around electricity. Employees of the state's electric cooperatives learn early on to work safely every day and to be safe at home. That's why co-ops have amazing records of years without a loss due to accidents. Anyone who uses electricity should strive for the same amazing record.

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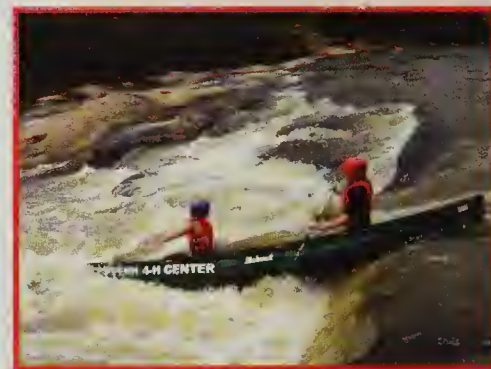
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*All information is deemed reliable but is not guaranteed and is subject to change without notice.



4-H Summer Camps



Facilities & Programs

Each 4-H camp and conference center is uniquely different, based on its geographic location. All camps and conference centers offer similar activities, facilities, and programs, including:

- Archery
- Canoeing
- Cabins
- Arts & Crafts
- Trails
- Classrooms
- Campfire Circles
- Dining Facilities
- Environmental Education Programs & Activities
- Meeting Facilities
- Rec Halls
- Teambuilding & Challenge Courses
- Outdoor Education Programs
- Outdoor Living Skills
- Swimming
- Shooting Sports

How do Campers Register for Camp?

Fact - Youth do **NOT** have to be a 4-H club member to attend camp. To enroll, contact your county 4-H Agent at the Cooperative Extension Service office.



Register Online at www.nc4hcamps.org



May Events



Pick up some juicy goodness at the Carolina Strawberry Festival on Friday and Saturday, May 8–9, in Wallace. Come for the cooking contest and cook-off, the party at 7 p.m. Saturday, the 5K run, beauty pageant, vendors and entertainment. (910) 447-9925 or carolinastrawberryfestival.com

Mountains (west of I-77)

Spring Herb Celebration
May 1–3, Ronda
(336) 526-1078
raffaldini.com

Butterfly Arts & Crafts Festival
May 2, Hudson
(828) 728-8272
ci.hudson.nc.us

Bird Walk
May 2, Elkin
(336) 835-4630
elkinvalleytrails.org

Letterland At Tweetsie
May 5–7 & 12–14, Blowing Rock
(877) 893-3874
tweetsie.com

Art In The Park
May 9, Blowing Rock
(828) 295-7851
blowingrock.com

Mamma Mia! Mother's Day
May 10, Ronda
(336) 526-1078
raffaldini.com

Concert In The Park
May 10, Blowing Rock
(828) 295-7851
blowingrock.com

Crawdad's Baseball Bash
May 12, Hickory
(828) 322-1121
downtownhickory.com

Early Theaters In Blowing Rock
Scholars & Scones lecture series
May 14, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Naturalist Weekend
May 15–17, Linville
(800) 468-7325
grandfather.com

Vino E Pittura
Wine and painting
May 17, Ronda
(336) 526-1078
raffaldini.com

Appalachia Through Memoir & Song
With Jeremy B. Jones
May 21, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Garden Jubilee Festival
May 23–24, Hendersonville
(828) 693-9708
historichendersonville.org

Coffee With The Curator
May 26, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Shady Ladies' Quilt Art Show
May 29–31, Canton
(828) 456-8885

Nature Photography Weekend
May 29–31, Linville
(800) 468-7325
grandfather.com

Jewelry Workshop:
Brass & Tin Earrings
May 30, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

David Holt & The Lightning Bolts Concert
May 31, Blowing Rock
(877) 893-3874
tweetsie.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Historic Carson House Guided Tours
Wednesday through Saturdays
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Last Shot Fired
150 Anniversary Civil War
(800) 334-9036
visitncsmokies.com

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Thunder Road Cruise In
First Sunday through Oct., Mount Airy
(336) 401-3900

Friday Night Jam Session
Through Nov. 20, Lake Toxaway
(828) 966-4060
toxawaycc.com

Latino Entrepreneurs
of North Carolina
May 7–22, Sparta
(336) 372-5573
josegalvez.com

Listing Deadlines:
For July: May 25
For August: June 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.
Or e-mail events@carolinacountry.com.



Hot Air Marketing

**Show-Off Car, Truck
& Motorcycle Show**
May 16, Lexington
(336) 357-7126
ach-nc.org

Youth Orchestra Concert
May 17, Fayetteville
(910) 433-4690
fayettevillesymphony.org

**Whose Father Was He:
The Orphans Of Gettysburg**
May 17, Fayetteville
(910) 486-1330
ncdcr.gov/ncmcf

Lil John's Mountain Music Festival
May 21–23, Snow Camp
(336) 376-8324
lillejohnsmountainmusic.com

WRAL Freedom Balloon Fest
May 22–25, Zebulon & Raleigh
wralfreedomballoonfest.com

The Color Run
Paint race, dancing, giveaways
May 23, Fayetteville
(910) 438-4100
crowncoliseum.com

Battle Of The BBQ
May 23, Littleton
(252) 586-5711
lakegastonchamber.com

Bull Fest
Art, food, greeting Civil War re-enactor
May 23, Durham
(919) 807-7300
ncdcr.org

Salute To U.S. Armed Forces
May 24, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Freedom 150
N.C.'s Civil War commemoration
May 30, Durham
(919) 620-0120

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

One of the nation's premier hot air balloon festivals will take place Friday through Monday, May 22–25, over Memorial Day weekend in Zebulon (Bennett Bunn Plantation) and Raleigh (Spring Forest Road Park). The admission-free WRAL Freedom Balloon Fest kicks off Friday at 3 p.m. with a mass ascension followed by a sunset "balloon glow." More than 30 balloons from 15 states will be there, including the Touchstone Energy balloon sponsored by Central EMC, Piedmont EMC, South River EMC and Wake EMC. Check for updates at wralfreedomballoonfest.com and on Facebook.

Piedmont (between I-77 & I-95)

Voices From The Homefront
May 1–2, Fayetteville
(910) 323-4234
cfrrt.org

Bass Mountain Boogie
May 1–2, Snow Camp
(336) 376-8324
bassmountainboogie.com

Spring Folly
May 1–3, Kernersville
(336) 993-4521
kernersvillespringfolly.com

Heritage Day
May 2, Eastover
(910) 483-6725

Meet In The Street
Arts & Crafts festival
May 2, Wake Forest
(919) 229-8506
wakeforestchamber.org

**Buggy Festival Benefit Car
& Truck Show**
May 2–9, Carthage
(910) 639-1494
sandhillsclassicstreetrods.com

**Pekin Fire Department
Spring Fling**
Food, music fundraiser
May 2, Mount Gilead
(910) 571-1371

Spring Daze Festival
May 2, Thomasville
(336) 886-5189
thomasvilletourism.com

Madea On The Run
Tyler Perry's comic play
May 2–3, Fayetteville
(910) 438-4100
crowncoliseum.com

**Doyle Lawson & Quicksilver
Bluegrass Festival**
May 7–9, Denton
(336) 859-2755
farmpark.com

Renaissance Feaste
May 7–9, Littleton
(252) 586-3124, ext 3
www.lakelandtheatrenc.org

Creole Stomp
May 9, Yadkinville
(336) 679-2941
yadkinarts.org

Art Gallery & Garden Tour
May 9–10, Wake Forest
(919) 270-2259
727northmain.com

Civil War Cemetery Tour
May 10, Fayetteville
(910) 433-4157

Indoor Football
May 10, Fayetteville
(910) 483-5311
capefearheroesfootball.com

**Go Red for Women
Luncheon & Expo**
May 12, Fayetteville
(919) 463-8300
goredsandhillssnc.heart.org

Mayberry Farmfest
May 15–16, Mount Airy
(336) 783-9505
mountairydowntown.org

Holistic Health Expo
May 16, Fayetteville
(910) 920-0050
steppress.org

Sandhills Sankofa Festival
Music, African storytelling
May 16, Spring Lake
(910) 568-5809
sandhillsfamilyheritage.weebly.com

After Five
Live music
Third Fridays, Fayetteville
(910) 323-1934
fayettevillegoodwoodfestival.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Dwell Art Show
Through May 25, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Gardens, Flowers & Vistas
Acrylic paintings
Through May 31, Chapel Hill
(919) 636-4557

Juried Exhibit:
ARTQUILTSreminisce
Through June 21, Cary
(919) 460-4963
paqa-south.org

Art Pottery: Utility To Unique
Through Aug. 16, Fayetteville
(910) 433-1944

Thunder Road Cruise-In
First Sundays through Oct. 25
Mount Airy
(336) 401-3900

Avenue Q
Adult comedy musical
May 14–31, Fayetteville
(910) 323-4234
cftrt.org

Our Art Is...
Mixed media
May 25–June 21, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Coast (east of I-95)

WWII B-17 Bomber
Tour or fly in historic aircraft
May 1–3, Oak Island
(910) 471-7710
eaa939.org

Spring Garden Show
May 2, Hertford
(252) 482-6585
perquimans.ces.ncsu.edu

Derby Dash Bash
May 2, Greenville
(252) 341-6714
rhnc.com

Community Yard Sale
May 2, Scotland Neck
(252) 826-3152
townofscotlandneck.com

Golf Classic
May 2, Oak Island
(910) 457-6964
southport-oakisland.com

CAROLINA COUNTRY adventures



A young visitor at the newly opened North Carolina Museum of Natural Sciences in Whiteville, Columbus County.

Science comes to life in Whiteville

The greeter for the new science museum in Whiteville is 12 feet long from head to tail. The *Postosuchus* (post-oh-SOO-kuss) is a skeletal replica of a fierce reptile whose 220-million-year-old fossils were unearthed in a Durham quarry. At around 600 pounds, this toothsome creature was the top terrestrial predator of its day. But the biggest attraction at the North Carolina Museum of Natural Sciences at Whiteville is alive—it has the beating heart of science. There's a laboratory where visitors of all ages can investigate with the tools of real scientists, an outdoor place for

children to climb trees or dig for fossils, and a roomy natural history space where even the tiniest of tykes won't find any "don't touch" signs.

There's a full lecture calendar, a monthly Science Cinema, the Teen Science Café and virtual link-ups to research activities at the parent museum in Raleigh. And if you're into hissing cockroach races, come to BugFest South, a flagship event where folks can get up-close-and-personal with all things buggy. Mark your calendar for June 13 from 10 a.m. to 3 p.m. To learn more about the museum and all of its programs, visit

naturalsciences.org or call (910) 914-4185. The museum is at 415 South Madison Street and is open Tuesday–Saturday, 9 a.m. to 5 p.m. Admission is free.

—Carla Burgess



WHERE IN CAROLINA COUNTRY ← IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our June issue, will receive \$25. To see the answer before you get your June magazine, go to "Where Is This?" on our website carolinacountry.com.



April winner

Plenty of you recognized the April scene, a photo by Linda Vassilion of Creedmoor: Laurel Mill on Sandy Creek in the Gold Sand community of Franklin County, near Louisburg. (We also got guesses for Brock Mill in Trenton, Yates Mill in Raleigh, Atkinson's Mill near Wilson, Crockham Mill in Ashe County, Linney's Mill in Union Grove, Fork Creek Mill in Seagrove, McGallard Falls Park in Valdese, Kapps Mill in Dobson, and Sloan Mill in Yadkin County.) Joyce Dianne Dyer told us her great-grandfather was one of the millers here. Felix Allen of Louisburg said the mill is protected by a Preservation North Carolina easement and the grounds are protected by the Tar River Land Conservancy. Ricky Edwards grew up here and has seen many baptisms, weddings and social events by the mill over 65 years.

The winning entry chosen at random from all correct submissions came from Anita Shipman of Weddington, a member of Union Power Cooperative.



Red Barn Bluegrass Festival
May 2, Aulander
(252) 348-2243

Coastal Consumer Showcase
May 3, Southport
(910) 457-6964
southport-oakisland.com

Church's 275th Homecoming
May 3, Ivanhoe
(910) 669-2120
blackriverpresbyterianchurch.weebly.com

Power Of The Purses
Guest Speaker: Christine Baranski
May 6, Greenville
(252) 321-7671
womenforwomenpittcounty.com

Master Gardeners Plant Sale
May 6-9, Bolivia
(216) 375-6511
bcmgva.org

Carolina Strawberry Festival
May 8-9, Wallace
(910) 447-9925
carolinastrawberryfestival.com

Historic District Tours
May 9, Murfreesboro
(252) 398-5922
murfreesboronc.org

Southern Hospitality
Quilters' Guild judged quilt show
May 15-16, Morehead City
(252) 808-7632
crystalcoastquiltersguild.org

Coastal Gardening Festival
May 16, Kill Devil Hills
(252) 473-4290

Wings Over Wayne Air Show
May 16-17, Goldsboro
(919) 722-0027
wingsoverwayne.com

Country Roads Bike Tour
May 16, Scotland Neck
(252) 826-3152
townofscotlandneck.com

Optimist Paddle, Pedal & Plod Triathlon
May 16, Edenton
(843) 992-2687
raceit.com

Bath Fest
May 16, Bath
(252) 923-3971
bathfest.com

Pork Fest
May 16, Murfreesboro
(252) 398-5922

Community Unity Day
May 16, Greenville
(877) 218-4247
con2007.org

Buccaneer Festival & Pirates On The Pungo Regatta
May 16-17, Belhaven
(919) 875-9239
belhavenpirates.com

Homestead Farm Dinners
May 22-23, Bolivia
(910) 253-7934
greenlandsfarmstore.info

Fossil Festival
May 22-24, Aurora
(252) 322-4238
aurorafossilmuseum.com

Shallowbag Bay Shag
May 25, Manteo
(252) 475-1500
obxshag.com

Music & Water Festival
May 29-30, Edenton
(252) 482-0300
visitedenton.com

5K Military Challenge Run
May 30, Pine Knoll Shores
(252) 247-4353
k4tw.org

Francesco Attesti Concert
May 30, Oriental
(252) 249-0477
oldtheater.org

Riverfront Arts Festival
May 30, Belville
(910) 383-0553
nbcchamberofcommerce.com

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
<http://ecncart.com>

Art Walk
First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

Brady C. Jefcoat Museum Tours
Saturdays & Sundays
(252) 398-8054

Music By The Bay
Live concerts at historic house
Third Sundays, Edenton
(252) 482-7800
ehcnc.org

Feathered Friends of Oriental:
Bird Photography Exhibit
Through May 31, Oriental
(252) 249-3340

Second Saturday Tours
Historic district guided tours
Through October, Murfreesboro
(252) 398-5922



There are more than 200 markets in North Carolina offering fresh produce and more. For one near you, visit ncfarmfresh.com/farmmarkets.asp

NEW

"My friends all hate their cell phones... I love mine!"

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Here's why.

Better Sound and Longer Battery Life

FREE Car Charger

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

"Cell phones have gotten so small, I can barely dial mine." Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

"I had to get my son to program it." Your Jitterbug set-up process is simple. We'll even pre-program it with your favorite numbers.

"I tried my sister's cell phone... I couldn't hear it." Jitterbug is designed with an improved speaker. There's an adjustable volume control, and Jitterbug is hearing-aid compatible.

"I don't need stock quotes, Internet sites or games on my phone, I just want to talk with my family and friends." Life is complicated enough... Jitterbug is simple.

"What if I don't remember a number?" Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.

"I'd like a cell phone to use in an emergency, but I don't want a high monthly bill." Jitterbug has a plan to fit your needs... and your budget.

"My cell phone company wants to lock me in on a two-year contract!" Not Jitterbug, there's no contract to sign and no penalty if you discontinue your service.



	Basic 14	Basic 19
Monthly Minutes	50	was 100 NOW 200
Monthly Rate	\$14.99	\$19.99
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

"I'll be paying for minutes I'll never use!"

Not with Jitterbug, unused minutes carry over to the next month, there's no roaming fee and no additional charge for long distance.

"My phone's battery only lasts a couple of days." The Jitterbug's battery lasts for up to 25 days on standby.

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.

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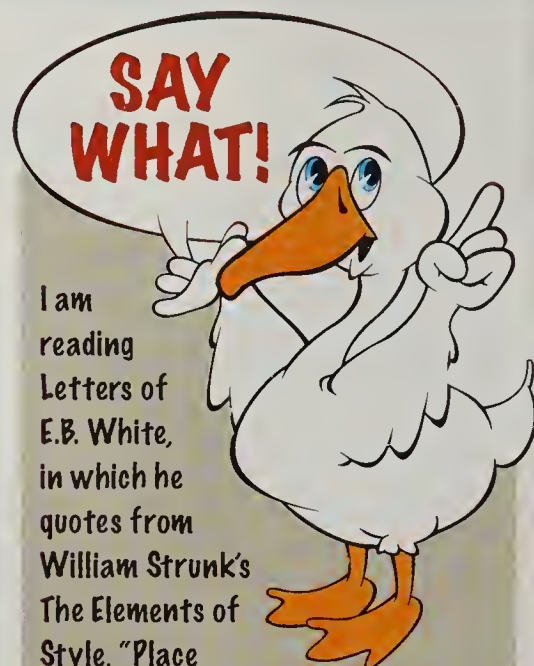


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E			R			D		
M							R	
	B	A		S	D		M	
			L			B		
A	R			E			L	M
		L			S			
	E		S	D		R	C	
	A							S
		B			E			L

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I am reading Letters of E.B. White, in which he quotes from William Strunk's The Elements of Style, "Place the emphatic words of a sentence at the end."



Surely Mr. Strunk meant to say, "Place at the end of a sentence the emphatic words." (Sauce for the goose.)



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How quickly can you come up with a similar equation?

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T	X	R	R	L	D

5	1	2
A	W	N

X

2
N

X

2
N

X

2
N

To find the missing words, solve the multiplication problems and write your answers in the box tops. Then match boxes.

For answers, please see page 41



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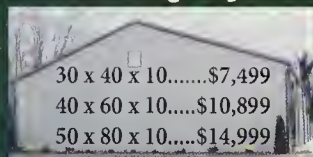
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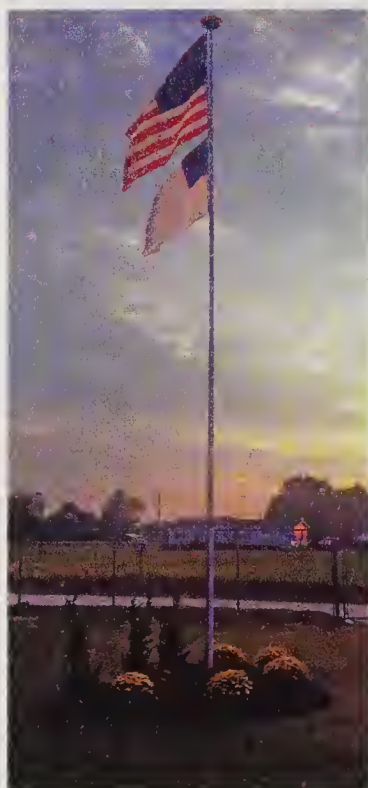
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These Titan Telescoping Flagpoles, sold by M & W Services in Littleton, come in 15-, 20- and 25-foot sizes. The kit includes the pole, 4-by-6-foot USA flag, gold ball top and mounting hardware. The Titan Telescoping flagpoles also have a lifetime warranty on all internal parts. Prices are \$274 for the 15-foot flagpole, \$324 for the 20-foot, and \$364 for the 25-foot, with free shipping for all three flagpole sizes. M & W Services also sells ornaments, flags and commercial flag poles. The company only sells products made in the U.S. It is owned by Halifax EMC members Mike and Wanda Butts.

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Preschool Popstars

"Daycare Dance Party" offers a mix of pop, hip-hop and country music styles by Preschool Popstars, a fictional trio of sassy cartoon girls who sing, rap and dance. The CD was produced by Charles Fulp, a song writer-producer based in Wilmington, N.C., with singles that have appeared on the charts of Billboard, MusicRow and DJ Times magazines, and was mastered by Grammy-winning engineer Gene Grimaldi, who has worked with Lady Gaga and Akon. The CD was named 2014 CD of the Year in the Kids, Music & Dance category by Creative Child Magazine. Preschool Popstars' music videos, which feature animation by director Rinat Gazizov ("Diary of a Wimpy Kid 2"), have attained more than 11 million views on YouTube, including more than 6 million views for the hit single "Juice Box." To learn more, visit preschoolpopstars.com. The CD sells for \$7.99 on iTunes or the website below.

amazon.com



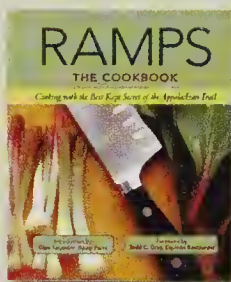
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on the bookshelf

Ramps: The Cookbook

This book is for anyone who has ever savored this wild seasonal plant at a spring ramp festival or fine restaurant, and wants to bring ramps into his or her own kitchen dishes. Ramps are a tasty relative of garlic and leeks and can be found in "Ramp Nation" (from Georgia and Tennessee up through Canada). Ramps have long been a best-kept secret of the Appalachian Trail, and are celebrated in festivals, church suppers and special events in Appalachian states (including North Carolina) and beyond. Compiled from chefs and food bloggers by the editors at St. Lynn's Press, the cookbook offers more than 40 recipes, with chapters devoted to categories such as sides and main dishes, salad and soups, biscuits and muffins, and juices and jams. Examples of recipes include Chicken Braised in White Wine & Ramps, Little Neck Clams with Ramps & Asparagus, and Eggs with Ramps & Bacon. There's also a list of regular ramp events and purchasing resources (fresh ramps, bulbs and seeds). Hardcover, 128 pages, \$15.95.

stlynnspress.com



Bearwallow

In this memoir, author Jeremy Jones tells how his journey into understanding how his native Appalachian mountain culture shaped him and its people. After traveling and living in Honduras, Jones returned to Bearwallow in the Blue Ridge Mountains. He and his wife moved into a small house above the creek where his family had settled 200 years prior, and he took a job teaching immigrant children alongside his former teachers in the local elementary school. Jones, who teaches creative writing at Western Carolina, meshes narrative and myth, geology and genealogy, to reveal the changing and often stigmatized world of southern Appalachians. His explorations include hunting buried treasure and POW camps, unearthing Civil War graves and family feuds, discussing gated communities and tourist traps, and encountering changed accents and immigrant populations. "Bearwallow: A Personal History Of A Mountain Homeland" is hardcover, 288 pages \$24.95; e-book is \$9.99.

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40 Days in the Desert

This devotional guide explores experiences of uniformed services personnel such as police, military, firefighters and EMS workers, but can be meaningfully utilized by almost anyone seeking inspiration. Included are 40 meditations that can be used for reflection during break time in a mess tent, firehouse, patrol car or ambulance bay, or at home by people who need a lift. Each devotion includes an "In-Service Training" paragraph and a special prayer. Author Paul F. Bauer, a retired police lieutenant, operates a mental health counseling practice with his wife in Shallotte (they are both North Carolina Licensed Professional Counselors). Bauer also volunteers as a chaplain with the Brunswick County Sheriff's Office. The Bauers live in Bolivia, N.C., and are co-op members of Brunswick Electric. Langmarc Publishing. Softcover, 122 pages, \$10; e-book is \$5.99. The book is sold in select bookstores and in addition to links from the website below, can be purchased by e-mailing the author directly at bauerpf@msn.com for \$10, plus shipping and handling.

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Almond Chicken Salad

- 4 cups cubed cooked chicken
- 1½ cups seedless green grapes, halved
- 1 cup chopped celery
- ¾ cup sliced green onions
- 3 hard-cooked eggs, chopped
- ½ cup Miracle Whip
- ¼ cup sour cream
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon celery salt
- ⅛ teaspoon ground mustard
- ⅛ teaspoon paprika
- ½ cup slivered almonds, toasted
- 1 kiwifruit, peeled and sliced (optional)

In a large bowl, combine chicken, grapes, celery, onions and eggs. In another bowl, combine the next nine ingredients; stir until smooth.

Pour over chicken mixture and toss gently. Stir in almonds and serve immediately, or refrigerate and add the almonds just before serving. Garnish with kiwi if desired.

Yield: 6–8 servings

Herbed Harvest Veggie Casserole

- 4 new potatoes cut in ¼-inch slices
- ¼ cup butter
- 1 tablespoon finely chopped fresh sage or 1 teaspoon dried sage
- 1 tablespoon finely chopped fresh tarragon or 1 teaspoon dried tarragon
- 3 sweet red bell peppers, seeded and diced
- 1 onion, thinly sliced
- ½ cup uncooked long-grain rice
- 3 medium zucchini, thinly sliced
- 4 medium tomatoes, sliced
- 1 cup (4 ounces) shredded Swiss cheese

Grease a 2½ quart baking dish and arrange half the potato slices in overlapping rows. Dot with half the butter. Sprinkle with half the sage, tarragon, peppers, onion, rice and zucchini. Dot with remaining butter and repeat layering.

Cover and bake casserole at 350 degrees for 1½ hours or until potatoes are tender. Uncover; top with tomato slices and cheese. Bake 10 minutes longer or until tomatoes are warm and cheese is melted. Remove from oven; cover and let stand for 10 minutes before serving.

Yield: 6–8 servings

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.



Strawberry Cake

- 1 package (regular size) white cake mix
- 1 package (3 ounces) strawberry gelatin
- 1 cup water
- ½ cup canola oil
- 4 egg whites
- ½ cup mashed unsweetened strawberries
- Whipped cream or frosting of your choice

Preheat oven to 350 degrees. In a large bowl, combine dry cake mix, gelatin powder, water and oil. Beat on low speed 1 minute or until moistened; beat on medium speed for 4 minutes.

In a small bowl with clean beaters, beat egg whites on high speed until stiff peaks form. Fold egg whites and mashed strawberries into cake batter.

Pour into three greased and floured 8-inch round baking pans. Bake for 25–30 minutes or until a toothpick comes out clean. Cool 10 minutes before removing from pans to wire racks to cool completely.

Spread whipped cream or frosting between layers and over top and sides of cake. If frosted with whipped cream, store in the refrigerator.

From Crook's Corner

Bill Smith's Atlantic Beach Pie

Crust

- 1½ sleeves of saltine crackers
- ⅓–½ cup softened unsalted butter
- 3 tablespoons sugar

Filling

- 1 can (14 ounces) sweetened condensed milk
- 4 egg yolks
- ½ cup lemon or lime juice or a mix of the two
- Fresh whipped cream and coarse sea salt for garnish

Preheat oven to 350 degrees. Crush the crackers finely, but not to dust. You can use a food processor or your hands. Add the sugar, then knead the butter until the crumbs hold together like dough. Press into an 8-inch pie pan. Chill for 15 minutes, then bake for 18 minutes or until the crust colors a little.

While the crust is cooling (it doesn't have to be cold), beat the egg yolks into the milk, then beat in the citrus juice. It is important to completely combine these ingredients. Pour into the pie shell and bake for 16 minutes until the filling has set. The pie needs to be completely cold to be sliced. Serve with fresh whipped cream and a sprinkling of sea salt.



Crook's Corner has been a landmark restaurant on West Franklin Street in Chapel Hill for more than 30 years.

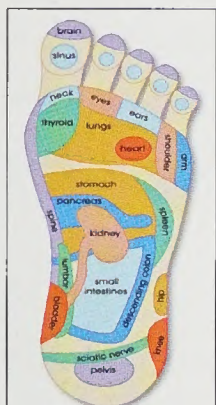
Chef Bill Smith succeeded Bill Neal here, and both are local heroes. This pie recipe is included in his book "Seasoned in the South" (Algonquin, 2005), more than 100 recipes and stories from his life growing up in eastern North Carolina to years in the kitchen at Crook's Corner.

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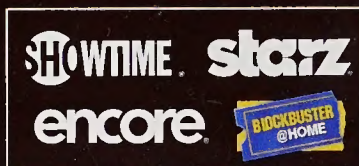
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Additional promotional offers (not available with FlexTV):

*Features must be enabled by customer. Available with qualifying packages. Monthly DVR and receiver fees apply based on number of rooms. Requires Internet connection.

1-866-549-5434

Mon-Fri: 7am - 11pm cst Sat: 8am - 10pm cst Sun: 9am - 8pm cst

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AUTHORIZED RETAILER

FlexTV Offer Important Terms and Conditions: Activation fee: FlexTV plan requires \$199 activation fee and receiver purchase. Customers subscribing to DishLATINO or qualifying International programming package receive instant \$150 credit on activation fee. Installation/Equipment Requirements: Monthly fees and limits on number and type of receivers will apply. All charges, including monthly programming, pay-per-view and equipment upgrades, must be paid in advance; failure to pay by due date will lead to service disconnection within 24 hours. **Important Terms and Conditions:** Promotional Offers: (not eligible for FlexTV Offer). Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. **ETF:** If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. **Additional Requirements:** Hopper: Monthly fees: Hopper, \$12; Joey, \$7; Super Joey, \$10. With PrimeTime Anytime record ABC, CBS, FOX and NBC plus two channels. With addition of Super Joey record two additional channels. Commercial skip feature is available at varying times, starting the day after airing, for select primetime shows on ABC, CBS, FOX and NBC recorded with PrimeTime Anytime. Recording hours vary: 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 12/01/14. Watching live and recorded TV anywhere requires an Internet-connected, Sling-enabled DVR and compatible mobile device. **HD Free for Life:** Additional \$10/mo HD fee waived for life of current account; requires continuous enrollment in AutoPay with Paperless Billing. **Premium Channels:** Premium offer value is \$132; after 3 months then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires Internet to stream content. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. **Offers end 6/10/15.** SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. ENCORE and related channels and service marks are the property of Starz Entertainment, LLC. Visit encoretv.com for air dates/times. Regular monthly rate and Promotional Rates for High Speed Internet Product varies by providers available at each individual address. Call for providers available.